

SOLENT  
HOTEL & SPA

# Class Timetable

April 2025

For full studio guidelines and terms and conditions  
scan the QR code below.



01489 880027 | [solenthotel.co.uk](http://solenthotel.co.uk) | [danielthwaites.co.uk](http://danielthwaites.co.uk)



## Monday

9:10 - 10:10	Circuits	Becks
10:45 - 11:30	Pilates	Manous
11:40 - 12:25	Pilates	Manous
14:15 - 15:00	Aqua (Low Intensity)	Becks
18:15 - 19:00	Studio Spin	Dylan

## Tuesday

9:30 - 10:15	Zumba	Sam
10:30 - 11:15	Pilates	Sam
18:15 - 19:15	Body Pump Les Mills	Joph
19:30 - 20:15	Body Balance Les Mills	Elliot

## Wednesday

7:45 - 8:30	Aqua Aerobics	Eva
8:45 - 9:30	Strength Development	Vicky
9:30 - 10:30	Body Balance	Emma
11:00 - 11:45	Season Yoga Fusion	Maddie
12:00 - 12:45	Yinn Meditation	Maddie
18:00 - 19:00	Body Combat Les Mills	Shane
19:00 - 20:00	Body Balance Les Mills	Elliot

## Thursday

10:30 - 11:15	Aqua	Sam
11:30 - 12:15	Stretch	Christine
12:45 - 13:30	Kundalini Yoga	Christine
18:15 - 19:15	Body Pump Les Mills	Joph
19:30 - 20:15	Studio Spin	Joph

## Friday

9:15 - 10:15	Core	Vicky
10:15 - 11:15	Body Pump Les Mills	Vicky
11:15 - 12:00	Body Balance Les Mills	Vicky

## Saturday

10:15 - 11:30	Zumba	Sam
10:45 - 11:45	Strength & Conditioning	Sam

## Sunday

9:00 - 9:45	Studio Spin	Joph
10:00 - 11:00	Body Pump Les Mills	Joph