

SOLENT
HOTEL & SPA

Class Timetable

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



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Monday

9:30 - 10:30	Circuits	Catherine
10:45 - 11:30	Pilates	Manous
14:00 - 15:00	Aqua (Low Intensity)	Leanne
18:15 - 19:00	Studio Spin	Dylan

Tuesday

9:30 - 10:15	Zumba	Lana
10:30 - 11:15	Yogalates	Lana
18:15 - 19:15	Body Pump Les Mills	Joph

Wednesday

7:45 - 8:30	Adjusted Aqua Aerobics	Eva
8:45 - 9:30	Strength Development	Vicky
9:30 - 10:30	Body Balance	Vicky
10:30 - 11:30	Zumba	Lana
11:20 - 12:05	Yogalates	Mona
12:30 - 13:30	Feel Good Dance	Carla
13:15 - 14:00	Flow Yoga	Carla
18:00 - 19:00	Body Combat Les Mills	Shane
19:00 - 20:00	Body Balance Les Mills	Helen

Thursday

10:30 - 11:15	Aqua	Eva
11:30 - 12:15	Stretch & Tone	Catherine
18:15 - 19:15	Body Pump Les Mills	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
13:00 - 14:00	Kundalini Yoga	Carla
13:45 - 14:45	Yinn Yoga	Carla

Saturday

10:15 - 11:30	Zumba	Sam
10:45 - 11:45	Pilates	Sam

Sunday

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