

SOLENT
HOTEL & SPA

Class Timetable

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



01489 880027 | solenthotel.co.uk | danielthwaites.co.uk



Monday

9:30 - 10:30 Circuits Catherine

10:45 - 11:30 Pilates Manous

14:15 - 15:15 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

19:25 - 20:25 Body Balance Kristina

Wednesday

7:45 - 8:30 Adjusted Aqua Aerobics Eva

8:40 - 9:25 Strength Development Vicky

9:30 - 10:15 Body Balance Vicky

10:30 - 11:30 Zumba Lana

11:20 - 12:05 Yogalates Lana

18:00 - 19:00 Body Combat Les Mills Shane

19:00 - 20:00 Body Balance Les Mills Helen

Thursday

9:15 - 10:00 Yoga Rahul

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 - 10:00 Shapes Les Mills Vicky

10:15 - 11:10 Body Pump Les Mills Vicky

11:15 - 12:15 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