

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 Sam

10:30 - 11:15 Body Combat Amber

17:30 - 18:15 Tai Chi/Qi Gong Rahul

18:15 - 19:15 Body Pump Les Mills Joph

Wednesday

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

12:30 - 13:15 Adjusted Aqua Aerobics Eva

18:00 - 18:45 Body Combat Les Mills Shane

19:00 - 19:45 Flow Yoga Rahul

Thursday

9:15 - 10:15 Yoga Rahul

10:30 - 11:15 Aqua Evelyn

10:35 - 11:20 Cardio Workout Catherine

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 - 13:45 Kundalini Yoga Carla

13:45 - 14:30 Yinn Yoga Carla

Saturday

9:30 - 10:15 Rhythm & Reps Lindsay

10:15 - 11:00 Body Balance Lindsay

Sunday

9:00 - 9:45 Studio Spin Joph

10:00 - 11:00 Body Pump Les Mills Joph