

KETTERING PARK
HOTEL & SPA

Class Timetable

July 2024

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



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Monday

6:15 - 7:00	Indoor Cycling	Andrew
10:00 - 10:45	Aqua Aerobics	Amanda
11:00 - 11:45	Body Pump	Amanda
12:45 - 13:45	Yoga	Eleanor
14:00 - 15:00	Yoga	Eleanor
17:15 - 18:00	Circuits	Andrew
18:05 - 19:05	Pilates	Jennie
19:15 - 20:00	Body Pump	Andrew

Tuesday

6:15 - 7:00	Indoor Cycling	Damien
9:00 - 9:45	Zumba	Kellie
10:00 - 10:45	Legs, Bums & Tums	Harrison
10:30 - 11:15	Aqua Aerobics	Debra
14:00 - 14:45	Les Mills Shapes	Harrison
18:00 - 18:45	HIIT & Abs	Harrison
19:00 - 19:45	Body Pump	Andrew

Wednesday

9:00 - 10:00	Pilates	Jennie
10:00 - 11:00	Pilates	Jennie
10:30 - 11:15	Aqua Aerobics	Amanda
11:30 - 12:15	Total Body Conditioning	Amanda
18:00 - 18:45	Boot Camp	Harrison
19:00 - 19:45	Indoor Cycling	Damien

Thursday

7:00 - 7:45	Legs, Bums & Tums	Harrison
8:00 - 8:45	Les Mills Shapes	Harrison
11:00 - 11:45	Aqua Aerobics	Anneli
15:00 - 15:45	Zumba	Kellie
17:30 - 18:15	Body Blast	Claire

Friday

6:15 - 7:00	Body Pump	Andrew
7:30 - 8:15	CIRCL Yoga	Joanne
9:15 - 10:00	Indoor Cycling	Amanda
10:15 - 11:00	Pilates	Jennie
11:15 - 12:00	Pilates	Jennie
12:30 - 13:30	Yoga	Eleanor

Saturday

8:00 - 8:45	Indoor Cycling	Andrew
9:00 - 9:45	Body Pump	Andrew
10:15 - 11:15	Yoga	Katie

Sunday

8:30 - 9:15	Indoor Cycling	Ben
9:30 - 10:00	HIIT	Ben
10:15 - 11:00	DDP Yoga	Ben