November 2026

Class Timetable

Monday:
06:30 - 07:00 **Core Blast**
08:00 - 08:30 **Spin**
08:20 - 09:05 **Zumba**
09:00 - 10:00 **Tennis Express**
09:15 - 10:00 **Fitness Pilates**
09:30 - 10:15 **Spa HIIT**
09:30 - 10:15 **Aqua Zumba**
10:00 - 11:00 **Pilates**
10:00 - 11:00 **Cardio Tennis**
10:15 - 11:00 **Poolates**
10:30 - 11:15 **Wild Swimming**
11:15 - 12:15 **Yogalates**
12:30 - 13:30 **Yoga**
14:30 - 15:00 **Qi Gong**
15:00 - 16:00 **Tai Chi**
12:45 - 13:15 **TRX**
17:15 - 17:45 **Spa HIIT**
18:00 - 19:00 **YOGA**
19:00 - 19:45 **Spin & Stretch**

Tuesday:
06:30 - 07:00 **TRX**
08:30 - 09:15 **Spin**
08:45 - 09:30 **Pose Barre**
10:00 - 11:00 **Zumba**
10:30 - 11:15 **Wild Swimming**
11:00 - 11:30 **Qi Gong**
11:30 - 12:30 **Intermediate Tai Chi**
11:30 - 12:15 **Body Conditioning**
11:45 - 12:30 **AquaFit**
12:30 - 13:15 **Poolates**
13:30 - 14:15 **Legs, Bums & Tums**
14:30 - 15:30 **Iyengar Yoga**
15:45 - 16:45 **Tai Chi**
17:00 - 17:45 **Intermediate Pilates**
18:00 - 18:45 **Pose Barre**
18:00 - 18:45 Circuits
19:00 - 19:30 Core Blast

Wednesday:
06:30 - 07:00 **Spin**
09:30 - 10:00 **Spa HIIT**
09:30 - 10:30 **Ashtanga Yoga**
10:30 - 11:15 **Wild Swimming**
10:35 - 11:20 **Pose Barre**
11:45 - 12:45 **Pilates**
12:45 - 13:45 **Pilates**
13:00 - 13:30 **Bootcamp**
14:00 - 15:00 **Vitality Energy Flow**
18:00 - 18:45 **BEGINNERS PILATES**
18:15 - 19:00 **Fitness Racing**
19:00 - 19:45 **INTERMEDIATE PILATES**
19:15 - 19:45 **TRX**

Thursday:
06:30 - 07:00 **Core Blast**
08:30 - 09:00 **Spa HIIT**
08:30 - 09:00 **Spin**
09:15 - 10:00 **Pose Barre**
09:30 - 10:15 **Body Pump**
09:45 - 10:30 **Aqua Gym**
10:00 - 11:00 **Pilates**
10:30 - 11:15 **Wild Swimming**
10:30 - 11:15 **Body Pump**
11:15 - 12:15 **Vinyasa Yoga**
12:15 - 13:00 **Yoga**
12:30 - 13:15 **Learn to Lift**
13:00 - 14:00 **Beginners Yoga**
14:15 - 15:45 **Iyengar Yoga**
18:00 - 18:45 **Fitness Pilates**
18:15 - 19:00 **BoxFit**
19:00 - 19:45 **Spinlates**
19:15 - 19:45 **Core Blast**

Friday:
06:30 - 07:00 **Spa HIIT**
08:30 - 09:00 **Express Spin**
09:00 - 10:00 **Zumba**
09:30 - 10:15 **Body Conditioning**
09:30 - 10:15 **Aqua Gym**
10:00 - 11:00 **Rusty Rackets**
10:15 - 11:15 **Pilates**
10:30 - 11:15 **Wild Swimming**
10:30 - 11:15 **Body Conditioning**
11:00 - 12:00 **Rusty Rackets**
11:20 - 11:50 **Qi Gong**
11:50 - 12:40 **Tai Chi**
12:00 - 13:00 **Improvers Tennis**
12:45 - 13:30 **Pilates**
13:30 - 14:15 **Pilates**
18:15 - 19:00 **Bootcamp**
19:15 - 19:45 **TRX**

Saturday:
08:00 - 08:30 **Spin**
09:15 - 10:00 **Fitness Racing**
10:15 - 11:15 **Vinyassa Flow**
11:00 - 11:45 **Wild Swimming**
10:30 - 11:15 **Body Conditioning**
11:30 - 12:15 **Hatha Yoga**
12:00 - 12:45 **Learn to Lift**
12:00 - 13:00 **Rusty Rackets**
13:00 - 14:00 **Improvers Tennis**
14:15 - 14:45 **Kettlebells**
16:30 - 17:15 **Spa HIIT**
17:20 - 17:40 **Full Body Stretch**

Sunday:
09:00 - 09:45 **Run Club**
09:00 - 09:45 **Pilates**
10:00 - 10:45 **Boxfit**
10:00 - 10:45 **Pose Barre**
11:00 - 11:45 **Wild Swimming**
11:00 - 11:45 **Fitness Racing**
12:15 - 13:15 **Vinyasa Yoga**
13:30 - 14:15 **Yogalates**
13:30 - 14:00 **TRX**
16:00 - 16:30 **Virtual Spin**
16:30 - 17:15 **Spa HIIT**
17:20 - 17:40 **Full Body Stretch**

THE SPA

Little Lodgers Splash Time
08:00 - 09:30 & 16:00 - 17:30 Daily

**Timetable is subject to change*