



FITNESS CLASSES

MON	0845 - 0930 AQUA FIT BECKI	0915 - 1000 HIIT BECKI	1000 - 1045 BODY PUMP BECKI	1100 - 1200 PILATES JOHN	1300 - 1400 YOGA (BEGINNERS) JANE	1600 - 1630 MEDITATION VICTORIA	1830 - 2000 YOGA MATT
TUES	0830 - 0900 TABATA BECKI	0900 - 1015 YOGA SARAH	1030 - 1145 YOGA SARAH	1030 - 1130 NORDIC WALKING JANE	1230 - 1330 FULL BODY FITNESS BECKI	1800 - 1845 HIIT JOSH	
WED	0830 - 0900 SPINNING BECKI	0915 - 1000 LEGS, BUMS & TUMS BECKI	1030 - 1100 STRETCH & FLEX BECKI	1100 - 1200 TAI CHI JOANNE	1715 - 1800 SPINNING NEIL	1830 - 2000 YINYASA MATT	
THUR	0915 - 1000 SPINNING JOHN	1015 - 1115 PILATES JOHN	1130 - 1245 YOGA YVONNE	1800 - 1845 CIRCUITS JOSH			
FRI	0830 - 0930 PILATES (BEGINNERS) JOHN	0945 - 1045 PILATES JOHN	1100 - 1200 BODY PUMP JOHN	1630 - 1700 CORE JOSH			
SAT	0930 - 1030 FULL BODY FITNESS GYM TEAM	1100 - 1130 MEDITATION VICTORIA					
SUN	1030 - 1130 NORDIC WALKING PETER						

For more information on the fitness classes, our instructors can be contacted by emailing fitness@swintonestate.com. Spaces are limited. To book for a fitness class, please call the Country Club & Spa reception on **01765 680 950**, or email countryclub@swintonestate.com. Once a booking is made, if you are unable to attend the class, please let us know beforehand so we can open up the space for another member, a cancellation charge may apply if notice is not given within 48 hours of a class.