



Crown Hotel leisure Club Group Fitness Timetable Starts 13TH JANUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SPIN 30 7:00-7:30AM	BOOTCAMP 7:00-7:45AM	FITMIX 9:00-9:45AM	SPIN 30 7:00-7:30AM			
LEGS,BUMS&TUMS 9:00-9:45AM	SPIN 45 9:00-9:45AM	10-10.30AM SPIN 30	Spin 45 9:00-9:45AM	LEGS,BUMS&TUMS 9:00-9:45AM	CORE 30 8:30-9:00AM	SPIN 45 10-10.45 AM
PILATES 10:00-10:45AM	CORE 30 10:00- 10:30AM	AQUA JOG 10:30-11:00AM	Circuits 10:00-10:45AM	10-10.30AM BEGIN TO SPIN	FITMIX 9-9:45AM	10-45- 11.15AM HIIT 30
AQUA JOG 10:45-11:15AM	SPIN 45 6:00-6:45PM	LEGS,BUMS&TUMS 6:00-6:45PM	SPIN 45 6:00-6:45PM	CIRCUITS 6:00- 6:45PM		
6:00-6:45PM CIRCUITS	HIIT 30 7:00-7:30PM	BOXERCISE 6.45-7:30PM	YOGA 7:00-8:00PM	7-7.30PM CORE 30		
7:00-7:45PM SPIN 45	CORE 30 7:30-8:00PM	SPIN30 7.40-8.10PM	AQUA WORXS 7:00-7:45PM			

No classes on bank holidays. Classes will not run with less than 4 participants.

All participants must arrive at least 5 minutes before the class commences, participants will not be allowed entry to the class once it has started, booking is essential to guarantee a place, Bookings can be made 7 days in advance. Classes are open to non members @£5.50 per session 45/60mins £4.00 per session 30mins.

Management reserve the right to change/cancel sessions without out any notice, notification of change will be given wherever possible.