

WRIGHTINGTON - GROUP EXERCISE TIMETABLE

EARLY MORNING

MONDAY	
8.45am	Core
9.30am	Louise

TUESDAY	
07.00am	Reps
08:00am	Louise
08.45am	Pilates
09.30am	Daisy

WEDNESDAY	
08.00am	Pilates
09.00am	Amanda

THURSDAY	
07:00am	Reps
08.00am	Louise
8:15	Functional Fitness
9:00	Maxine

FRIDAY	
06:30am	Hyrox
7:15am	Rob
7:00am	Spin
7:45am	Ian



THE WRIGHTINGTON

HOTEL, HEALTH CLUB & SPA

DAYTIME

MONDAY	
9:35am	LGC
10:20am	Louise
10.30am	Pilates
11.15am	Louise
11.30am	Pilates
12.30pm	Laura
12:45pm	Zumba
1:45pm	Amanda
11.30am	Aqua
12.15pm	Amanda

TUESDAY	
9:35am	Freestyle Dance
10:20am	Amie
10:25am	Reps
11:10am	Amie
11.15am	Yoga
12.45pm	Erica
12.50pm	Zumba
1.35pm	Amie

WEDNESDAY	
09.15am	Pilates
10.15am	Amanda
10:25am	HIIT
11:10am	John
1.00pm	Yoga
2.15pm	Erica
10.30am	Aqua
11.15pm	Amanda

THURSDAY	
09:00am	Pilates
09:45am	Daisy
10.00am	Aerotone
11.00am	John
11:05am	Core
11:35am	John
11:45am	Zumba
12:30am	Amanda
1.00pm	Yoga
2.15pm	Kim

FRIDAY	
08:00am	Pilates
08:45am	Louise
09.00am	Aerotone
09.45am	Louise
09:50am	HIIT
10:35am	Louise
11:30am	Pilates
12:30pm	Amanda
12:45pm	Zumba
1:30pm	Amanda
10:30	Aqua
11.15am	Amanda
2:00pm	Mind, Body & Spirit
3:15pm	Jo

WEEKENDS

SATURDAY	
08:00am	Spin
08:45am	John
08:45am	Sports Yoga
09:45am	Jane
09:00am	Spin
09:45am	John
10.00am	Aerotone
10.45am	John
10:50am	Core
11:35am	John

SUNDAY	
9:00	Yoga
10.15	Maxine
9:45	Spin
10:30	Ian
10:45	HIIT
11:30	Ian

EVENING

MONDAY	
6:00pm	Spin
6:45pm	Louise
6.15pm	Boot Camp
7.15pm	John
7.15pm	Yoga
8.30pm	Maxine

TUESDAY	
6:15pm	Boot Camp
7:15pm	John
6:30pm	Hyrox
7:30pm	Sam
7.30pm	Yoga
8.30pm	Maxine

WEDNESDAY	
6:00pm	Reps
7:00pm	Louise
6:15pm	SPIN
7:00pm	LUKE
7:15pm	Pilates
8:15pm	Amanda

THURSDAY	
6:00pm	Boot Camp
6:50pm	John
6:30pm	Hyrox
7:30pm	Rob
7:00pm	Yoga
8:15pm	Maxine