



# Odstock Health and Fitness

## Classes timetable

Sessions are in the studios or gym unless listed otherwise

Water based class	Low impact with focus on mobility and posture
Tone and strength	Suitable for all levels

Monday		13.00 - 13.30 Body Sculpture	15.15-1600- Active Health	17.30 - 18.15 Cardio Dance	18.20-19.20 Super Circuits	19.30-20.15 Pilates
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<i>Pool &amp; Spin</i>	11.15 - 12.00 Aquaflex				18.30- 19.15 Deep Aqua	
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Tuesday		12.30-13.00 Circuits	13.00 - 13.45 Yogalates		17.15 - 18.00 Yoga	18.15-19.00 Yoga
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<i>Pool &amp; Spin</i>					18.00 - 18.45 Spin	
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Wednesday	07.00-07.30 Early circuits	10.30-11.15 Active Health	13.00 - 13.30 Absolute Abs	15.00 - 1600 Active Change	17.30 - 18.15 YogaFit	18.45-19.45 Box Fitness
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<i>Pool &amp; Spin</i>	11.00-11.45 Aquaflex		12.30-13.00 Spin		18.15-19.00 Spin	18.30-19.15 Aquaflex
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Thursday		12.30-1300 Lift N Tone	13.00-13.30 Pilates		17.15-18.15 Hatha Yoga	18.20-19.20 Circuits
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<i>Pool &amp; Spin</i>						
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Friday		11.00-11.45 Motivate	12.30 -13.00 Lift N Tone	13.00 -1330 Body Sculpture		
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<i>Pool &amp; Spin</i>						
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Saturday	Saturday circuits 1015-1100					
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<b>Gym</b>	<b>07.00 - 20.45</b>					
<i>Weekdays</i>	Junior gym available during these times					

<i>Weekends</i>	<b>10.00 - 16.45</b>			Junior gym available during these times		
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