

COTTONS
HOTEL & SPA

Class Timetable

September 2024

For full studio guidelines and terms and conditions
scan the QR code below.



01565 652001 | cottonshotel.co.uk | danielthwaites.co.uk



Monday

9:30 - 10:15	Functional Training	Liam
10:30 - 11:30	Power Conditioning	Claire
11:15 - 12:15	Pilates	Bev
12:30 - 13:30	Yoga	Lynn
13:30 - 14:15	Spin	Liam
18:30 - 19:30	Body Pump	Katrin
19:30 - 20:30	Body Balance	Katrin

Tuesday

8:45 - 9:15	Metafit	Mark
9:15 - 10:00	Aqua*	Kim
9:30 - 10:15	Salsacise	Katrin
10:15 - 11:00	Spin	Mark
11:15 - 12:15	Body Balance	Bev
12:15 - 13:15	Pure Stretch	Bev
19:30 - 20:15	Spin	Liam
20:15 - 21:15	Pilates	Kim

Wednesday

9:15 - 10:00	Power Conditioning	Claire
10:00 - 11:00	Body Pump	Liam
11:15 - 12:00	Low 'n' Go	Kim
12:00 - 13:00	Pilates	Kim
13:00 - 14:00	Pure Stretch	Bev
18:00 - 18:45	Power HIIT	Simon
19:00 - 19:45	Core Fit	Simon

Thursday

8:45 - 9:15	HIIT	Sam
9:15 - 10:00	Aqua*	Kim
9:30 - 10:15	Tabata & Tone	Claire
10:30 - 11:15	BLT	Bev
11:30 - 12:30	Body Balance	Bev
12:30 - 13:15	Weights & Plates	Emily
13:30 - 14:30	Pilates	Bev
18:00 - 18:45	Functional Training	Sam
19:00 - 19:45	Spin	Katrina
20:00 - 21:00	Yoga	Denise

Friday

9:15 - 10:15	Body Pump	Mark
10:20 - 11:05	Spin	Mark
11:15 - 12:00	Weights & Plates	Emily
12:15 - 13:15	Pilates	Kathy
13:15 - 14:15	Yoga	Kathy

Saturday

8:15 - 8:45	HIIT	Sam
9:00 - 10:00	Power Conditioning	Claire
10:30 - 11:15	Spin	Liam

*Aqua classes will not run during the school holidays.