

FOREST HILLS LEISURE CLUB CLASS TIMETABLE

Classes are available to book via the FitSense App - 7 days in advance from 7am in the morning.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 09:15 - 10:15 STELLA	STEP AEROBICS 09:15 - 10:15 TERRI	L B T's 09:15 - 10:00 COURTNEY	AEROTONE 09:15 - 10:15 TERRI	STEP 'n' SCULPT 09:00 - 09:45 TERRI	 09:00 - 09:45 PAUL
AQUACISE 9:15 - 10:00 BEV	PILATES 10:15 - 11:00 NADIA	YOGA 10:45 - 11:45 AMY	coreMOBILITY 10:30 - 11:15 COURTNEY	YOGA 10:00 - 11:00 AMY	KETTLEBELLS  10:00 - 11:00 PAUL
YOGA 10:15 - 11:15 LINDSAY J	PILATES 11:15 - 11:45 NADIA	 10:45 - 11:45 STELLA		 11:15 - 12:15 BEV	 11:00 - 11:30 PAUL
LEARN to LIFT  10:30 - 11:15 COURTNEY				AQUACISE 14:00 - 14:50 BEV	
YOGA 11:15 - 12:15 LINDSAY J					SUNDAY
AQUACISE 14:00 - 14:50 BEV			PILATES 17:45 - 18:30 NADIA		PILATES 09:30 - 10:15 NADIA
 18:00 - 18:45 PAUL	AEROFIT 18:00 - 18:45 JULIA	HIIT 18:00 - 18:45 JAMES	 18:00 - 18:30 PAUL	 18:00 - 18:45 KATIE	PILATES 10:15 - 11:00 NADIA
 METABURN 18:00 - 18:45 JAMES	BODY TONE 18:45 - 19:30 JULIA	YOGA 18:00 - 19:00 AMY	KETTLEBELLS  HIIT 18:30 - 19:00 PAUL		
ABS BLAST 18:45 - 19:15 PAUL	YOGA <i>+ meditation</i> 18:30 - 19:30 SALLY	AQUACISE 19:00 - 19:50 BEV	PILATES 18:30 - 19:15 NADIA		
 19:15 - 19:45 PAUL		 19:15 - 20:00 STELLA	 19:00 - 19:30 PAUL		

Please note persistent late cancellations & no shows will incur a 1 week ban.

 01928 735 430

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