

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
 ZUMBA 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	 SPINNING 08:30 - 09:15 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  09:30 - 10:15 PAUL
YOGA 10:15 - 11:15 LINDSAY J	PILATES 11:15 - 11:45 NADIA	 ZUMBA 10:45 - 11:45 STELLA	STRETCH 'N' RESTORE 11:20 - 12:05 Ginette	 ZUMBA 11:15 - 12:15 BEV	PILATES 10:30 - 11:30 PAUL
LEARN to LIFT  10:30 - 11:15 COURTNEY	STICKS 'n' TONES 11:50 - 12:40 Ginette	AQUACIRCUITS 12:00 - 12:45 Ginette		AQUACISE 14:00 - 14:50 BEV	
YOGA 11:15 - 12:15 LINDSAY J					SUNDAY
AQUACISE 14:00 - 14:50 BEV	coreFLOW 13:00 - 13:45 Ginette		PILATES 17:45 - 18:30 NADIA		PILATES 09:30 - 10:15 NADIA
 SPINNING 18:00 - 18:45 PAUL	AEROFIT 18:00 - 18:45 JULIA	HIIT 18:00 - 18:45 JAMES	 SPINNING EXPRESS 18:00 - 18:30 PAUL		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 + meditation 18:30 - 19:30 AMY	AQUACISE 19:00 - 19:50 BEV	PILATES 18:30 - 19:15 NADIA		
 SPINNING EXPRESS 19:15 - 19:45 PAUL		 ZUMBA 19:15 - 20:00 STELLA	 SPINNING EXPRESS 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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