



# 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
<i>Pool &amp; Spin</i>		11.00 - 11.45 Aquaflex						18.30- 19.15 Deep Aqua	
Tuesday			12.30-13.00 Circuits	13.00 - 13.45 Yogalates		17.15 - 18.00 Yoga		18.15-19.00 Yoga	
<i>Pool &amp; Spin</i>							18.00 - 18.45 Spin		
Wednesday	07.15-07.45 Early circuits		10.30-11.15 Active Health		13.00 - 13.30 Absolute Abs		17.30 - 18.15 YogaFit		18.45-19.45 Box Fitness
<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
Thursday			12.30-1300 Lift N Tone	13.00-13.30 Pilates		17.15-18.15 Hatha Yoga		18.20-19.20 Circuits	
<i>Pool &amp; Spin</i>									
Friday		11.00-11.45 Motivate	12.30 -13.00 Lift N Tone	13.00 -1330 Body Sculpture					
<i>Pool &amp; Spin</i>		11.00-11.45 Aquaflex							

**Saturday Saturday Fit 1015-1100**

**Gym Mon-Thurs 07.00 - 20.45 Fri 07.00 - 18.45**  
*Weekdays* Junior gym available during these times

*Weekends* **10.00 - 16.45** Junior gym available during these times