



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		12.30- 13.00 Absolute Arms	13.00 - 13.30 Body Sculpture		17.30 - 18.15 Cardio Dance		18.20-19.20 Super Circuits	
<i>Pool & Spin</i>	11.15 - 12.00 Aquaflex						18.15 - 19.00 Deep Aqua	
Tuesday		12.30-13.00 Kettlebell		13.00 - 13.45 Yogalates		17.15 - 18.00 Three Flow Yoga		18.15-19.00 Three Flow Yoga
<i>Pool & Spin</i>						18.00 - 18.45 Spin		
Wednesday				13.00 - 13.30 Absolute Abs		17.30 - 18.15 YogaFit		19.15 - 20.00 Powerfit
<i>Pool & Spin</i>	11.00-11.45 Aquaflex		12.30-13.00 Spin			18.30-19.15 Aquaflex	18.15-19.00 Spin	
Thursday		12.30-13.00 Cardio dance	13.00-13.30 Kettlebell		17.00-18.00 Yoga		18.20-19.20 Circuits	
<i>Pool & Spin</i>								
Friday		11.00-11.45 Motivate	12.15 -12.45 Total Tone	12.45-13.15 Kettlebell		17.30 - 18.30 Yoga		
<i>Pool & Spin</i>								

Gym	07.00 - 20.45
<i>Weekdays</i>	Junior gym 11-15yrs 3.30pm-5pm and 7.45pm-8.45pm (school holidays extended daytime sessions 9.30am-4.30pm)
<i>Weekends</i>	10.00 - 16.45 Junior gym 11-15yrs 10.00-16.45