



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		12.00 - 12.30 Absolute Arms	13.00 - 13.30 Body Sculpture		17.30 - 18.00 Burn N Tone	
<i>Pool & Spin</i>	11.15 - 12.00 Aquaflex					18.30 - 19.15 Deep Aqua
Tuesday		12.00 - 12.30 Lower Body Blast	13.00 - 13.45 Yogalates		17.15 - 18.00 Fitness Pilates	
<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>	11.15-12.00 Aquaflex	12.30-13.00 Spin			18.30-19.15 Aquaflex	18.15-19.00 Spin
Thursday		12.15 - 13.00 Total Tone			17.30 - 18.00 Cardio Step N Tone	
<i>Pool & Spin</i>						18.15 - 19.00 Spin
Friday		12.15 - 13.00 Total Tone			17.30 - 18.30 Yoga	
<i>Pool & Spin</i>						

Gym	07.15 - 20.30
<i>Weekdays</i>	Junior gym 11-15yrs 18.30-19.30 and 19.45-20.30 (school holidays extended daytime sessions 9.45-17.00)
<i>Weekends</i>	10.00 - 16.30 Junior gym 11-15yrs 10.00-16.30