



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 & Spin</i>		11.15 - 12.00 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 & Spin</i>								18.00 - 18.45 Spin		
Wednesday	07.00–07.30 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 & Spin</i>		11.00-11.45 Aquaflex		12.30-13.00 Spin			18.15-19.00 Spin		18.30-19.15 Aquaflex	
Thursday			12.30-13.00 Lift N Tone		13.00-13.30 Pilates		17.15-18.15 Hatha Yoga		18.20-19.20 Circuits	
<i>Pool & Spin</i>										
Friday	07.15-07.45 Stretch	11.00-11.45 Motivate		12.30 –13.00 Lift N Tone	13.00 –1330 Body Sculpture					
<i>Pool & Spin</i>										
Saturday	Saturday circuits 1015-1100									
Gym	07.00 - 20.45									
<i>Weekdays</i>	Junior gym available during these times									
<i>Weekends</i>	10.00 - 16.45 Junior gym available during these times									