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	15.15-16.00 Active Health	17.30 - 18.15 Cardio Dance	18.20-19.20 Circuits	19.30-20.15 Pilates
Pool & Spin		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	
Pool & Spin					18.00 - 18.45 Spin		
Wednesday	07.15–07.45 Early circuits	10.30-11.15 Active Health	13.00 - 13.30 Absolute Abs		17.15 - 18.00 YogaFit	17.30-18.15 Rave Fit	18.30-19.00 Reset
Pool & Spin		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	17.30-18.15 Functional Training	18.20-19.20 Circuits
Pool & Spin							
Friday		11.00-11.45 Motivate	12.30 –13.00 Lift N Tone	13.00 –13.30 Body Sculpture			
Pool & Spin		11.00-11.45 Aquaflex					
Saturday & Sunday	**Saturday Fit 1015-1100**		**Sunday Stretch & Mobility 1015-1100**				

Gym
Weekdays and Weekends

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

Sat-Sun 1000– 16.45 **Junior gym available during these times**