



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>		11.00 - 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 & 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			
Thursday				12.30-13.00 Lift N Tone		13.00-13.30		17.15-18.15 Hatha Yoga		18.20-19.20 Circuits		
<i>Pool & Spin</i>												
Friday		11.00-11.45 Motivate		12.30 –13.00 Lift N Tone	13.00 –1330 Body Sculpture							
<i>Pool & Spin</i>		11.00-11.45 Aquaflex										
Saturday	Saturday circuits 1015-1100											
Gym	Mon-Thurs 07.00 - 20.45 Fri 07.00 - 18.45											
<i>Weekdays</i>	Junior gym available during these times											
<i>Weekends</i>	10.00 - 16.45 Junior gym available during these times											