



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		15.15-1600- Active Health	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			12.30-1300 Cardio dance	13.00-13.30 Lift N Tone		15.15-15.45 Pre-post natal circuits	17.15-18.15 Hatha Yoga		18.20-19.20 Circuits	
<i>Pool & Spin</i>					14.15-15.00 Pre- post natal aqua					
Friday		11.00-11.45 Motivate	12.15 -12.45 Total Tone	12.45-13.15 Lift N Tone						
<i>Pool & Spin</i>										

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