

FITNESS CLASSES SEPTEMBER – DECEMBER 2025



MONDAY

8:30 AM : Stretch & Strength with Helen.....	45 MIN
9:30 AM : Pilates with Natasha.....	45 MIN
10:30 AM : Yogalates with Natasha.....	45 MIN
6:00 PM : Aqua Aerobics with Katie	45 MIN

WEDNESDAY

7:45 AM : Morning Strength with Helen.....	45 MIN
--	--------

THURSDAY

8:00 AM : Body Flow with Katie.....	45 MIN
9:00 AM : Aqua with Katie.	45 MIN

FRIDAY

12:30 PM : Essential Glutes and Core with Katie.....	45 MIN
--	--------

SATURDAY

9:30 AM : Outdoor Bootcamp with Katie.....	60 MIN
--	--------

Prices

*Classes are complimentary to Gold members,
£10.00 for hotel guests and silver members - local guests are £12.00 per session*



SPECIALS EVENTS

Monday 22nd September - 6:30PM-8PM : Equinox with Tribal Breath.....	£30.00
Tuesday 23rd September - 5:45PM-7:15PM : Yoga with yoga nidra with Steph	£12.00
Sunday 12th October - 5:45PM-7PM : Yoga with guided relaxation with Steph	£12.00
Friday 17th October - 6:00PM-7:30PM : Wim Hof with Tribal Breath	£12.00
Tuesday 21st October - 5:45PM-7:15PM : Yoga with yoga nidra with Steph	£12.00
Tuesday 4th November - 5:45PM-7PM : Yoga with guided relaxation with Steph.....	£12.00
Thursday 13th November - 6:00PM-7:30PM: Wim Hof with Tribal Breath.....	£12.00
Sunday 23rd November - 4PM-5:15PM : Yoga with yoga nidra with Steph.....	£12.00
Tuesday 2nd December - 5:45PM-7PM : Yoga with guided relaxation with Steph.....	£12.00
Thursday 4th December - 5:00PM-7:00PM : Wim Hof with Tribal Breath	£12.00
Sunday 21st December - 4:30PM-6:30PM Winter Solstice.....	£30

Block bookings cannot be made, bookings can only be made 2 weeks in advance.
Sessions must be booked with the spa reception team, places are limited, all classes are included in our gold membership package.