



FITNESS CLASSES

JANUARY, FEBRUARY & MARCH 2026



MONDAY

8:30 AM : Stretch & Flow with Helen in the garden room.....45 MIN
9:30 AM : Pilates with Natasha in the garden room.....45 MIN
10:30 AM : Yogalates with Natasha in the garden room.....45 MIN

TUESDAY

10:00 AM : Core with Katie in the gym.....45 MIN

WEDNESDAY

7:45 AM : Strength for Women with Helen in the gym.....45 MIN
6:00 PM : Body Flow with Katie in the Garden room.....45 MIN

THURSDAY

9:00 AM : Aqua with Katie in the indoor pool.....45 MIN

SATURDAY

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



Prices

*Classes must be booked prior to class, class spaces are limited in numbers.
Classes are complimentary to gold spa members.
£10.00 for hotel guests and silver members*

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.