



FITNESS CLASSES

SEPTEMBER - DECEMBER 2026



MONDAY

9:30AM : Pilates with Natasha in the garden room.....	45 MIN
10:15AM : Yogalates with Natasha in the garden room.....	45 MIN
11:15AM : Body Movement with Ellie.....	45 MIN
6:00PM : Yoga with Helen.....	45 MIN

TUESDAY

10:00AM : Core with Katie in the gym.....	45 MIN
5:30PM : Functional Fitness with Amelia.....	45 MIN

WEDNESDAY

7:45AM : Strength Building with Helen in the gym.....	30 MIN
9:30AM : Outside Mobility & Core with Troy.....	30 MIN

THURSDAY

8:00AM : Body Flow with Katie in the Garden Room.....	45 MIN
9:00AM : Aqua Aerobics with Katie.....	45 MIN
5:30PM : Functional Fitness with Amelia in the Gym.....	45 MIN

FRIDAY

9:30AM : Functional Fitness with Amelia.....	45 MIN
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SATURDAY

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

9:30AM : Functional Fitness with Amelia 9:30am in the gym.....	45 MIN
4:30AM : Outside Mobility & Core with James.....	45 MIN



Prices

All fitness classes are included in gold membership package
£12.00 for Bronze, Silver members and hotel guests
£15.00 for non-residents
£9.00 – classes with Ellie, Troy & James – in-training instructors

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.