

Group fitness timetable

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00am	Holmer Spin		Holmer Spin	Holmer Spin			
9.30am						Legs, Bums, Tums	Hard-Core
10.00am			Holmer Spin		50's Plus	Yoga	
10.15am						Holmer Spin	Holmer Spin
10.30am		Holmer Spin		Holmer Spin	Body Pump		
11.00am	Beginners Spin		Aqua Fit				
11.30am					Holmer Spin		
1.00pm	Yoga						
3.30pm				Pilates			
5.30pm	Hard-Core						
5.45pm		Tabata		Hard-Core	Box Fit		
6.00pm			Body Pump		Spin		
6.15pm		Holmer Spin					
6.30pm	Body Pump	Body Combat		Slimming Club Body Combat	Body Pump		
7.00pm		Beginners Spin		Holmer Spin			
7.15pm			Aerobics				
7.30pm		Legs, Bums, Tums					
7.45pm	Holmer Spin Holmer Salsa						
8.15pm			Holmer Spin	Pilates			

SPA AND HEALTH CLUB

Holmer Park

- Guests may attend, subject to availability, a maximum of 4 times per annum. There is a non-members fee of £8.95.
- As a courtesy to other club members please inform us if you need to cancel your class place.
- To avoid disappointment please book all classes via reception.
- Entrance will not be allowed after 5 minutes of the scheduled start time. This ensures an adequate warm up period to prevent injuries & avoids disruption.
- Report any injuries to your instructor before the class begins.
- Only plastic containers are permitted in class.
- We reserve the right to substitute instructors & amend the class when required.