



FORMBY HALL

GOLF RESORT & SPA

HEALTH CLUB

GYM CLASS TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

AM CLASSES

YOGA

10.00AM 60 MINS

LBT

9.30AM 45 MINS

STRENGTH &
CONDITIONING

9.45AM 30 MINS

LBT

9.30AM 45 MINS

STRENGTH &
CONDITIONING

9.30AM 30 MINS

KAI-BO

9.00AM 45 MINS

STRENGTH &
CONDITIONING

10.00AM 30 MINS



AQUA
HIIT

10.00AM 45 MINS

PILATES

10.30AM 45 MINS

YOGA

10.30AM 60 MINS

PILATES

10.15AM 45 MINS

HIIT

10.00AM 45 MINS

YOGA

10.45AM 60 MINS

YOGA

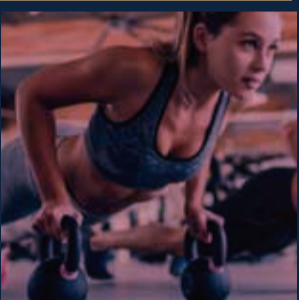
10.30AM 60 MINS

EXPRESS
LBT

11.15AM 45 MINS

PILATES

11.00AM 45 MINS



PM CLASSES

PUMP &
TONE

6.30PM 60 MINS

LBT

5.00PM 45 MINS

PILATES

5.40PM 45 MINS



STRENGTH &
CONDITIONING

5.00PM 30 MINS



PILATES

7.30PM 45 MINS

YOGA

6.00PM 60 MINS

CIRCUIT
TRAINING

6.30PM 60 MINS

MOBILITY
FLOW

5.30PM 60 MINS

YOGA

5.45PM 60 MINS

BOXING &
PAD WORK

7.45PM 45 MINS

FOR MORE DETAILS ON OUR GYM CLASSES,
TIMES & INSTRUCTORS ASK A MEMBER OF THE
HEALTH CLUB TEAM