



FORMBY HALL
GOLF RESORT & SPA



FITNESS CLASS TIMETABLE

From 30th January 2012



	Class	Time		Class	Time		Class	Time
Monday			Wednesday			Friday		
9.15 am	Kinesis	45 mins	9.15 am	Kinesis	45 mins	9.15 am	Kinesis	45 mins
10.15 am	Nifty 50's	45 mins	10.15 am	Nifty 50's	45 mins	10.15 am	Body Combat™	1 hour
6.15 pm	Full Body Conditioning	45 mins	6.15 pm	Body Combat™	1 hour	11.15 am	Full Body Conditioning	45 mins
7.00 pm	Body Combat™	1 hour	7.15 pm	LBT	45 mins	12.30 pm	Aqua Aerobics	45 mins
8.15 pm	Pilates	1 hour	Thursday			6.00 pm	Zumba	1 hour
Tuesday			9.15 am	Kinesis	45 mins	Saturday		
9.15 am	Kinesis	45 mins	10.00 am	Yoga	1 hour	9.30 am	Khai Bo	1 hour
10.15 am	Body Combat™	1 hour	6.15 pm	Khai Bo	45 mins	10.30 am	Pump & Tone	1 hour
6.30 pm	Ab Attack	30 mins	7.00 pm	Pump & Tone	45 mins	Sunday		
7.00 pm	Zumba	1 hour	7.45 pm	Ab Attack	30 mins	10.30 am	Yoga	1 hour

- Aerobic Classes
- Holistic Classes
- Toning Classes

Classes free to members.
Non-members £5 per person.
Subject to availability.

MY | GYM