



FORMBY HALL
GOLF RESORT & SPA

SPRING WORKOUT

GROUP EXERCISE CLASS TIMETABLE SPRING 2018

Monday			Tuesday			Wednesday			Thursday		
Core Inferno	8:30am	30mins	Kettle Blast	7:00am	30mins	Core Inferno	8:30am	30mins	Core Inferno	7:00am	30mins
Circuit Training	9:15am	45mins	Ab Attack	8:30am	30mins	Circuit Training	9:15am	45mins	PiYo Workout	8:30am	30mins
Body Conditioning	10:15am	45mins	Body Combat	9:30am	60mins	Body Conditioning	10:15am	45mins	Kettle Blast	9:15am	45mins
Aqua Aerobics	11:30am	45mins	PiYo Workout	10:30am	60mins	Aqua Aerobics	11:30am	45mins	Yoga	10:00am	60mins
Gym Circuit	5:30pm	30mins	Chi Exercise	11:45am	60mins	Full Body Workout	6:15pm	60mins	Gym Circuit	5:30pm	30mins
Body & Core	6:00pm	60mins	Gym Circuit	5:45pm	30mins	Chi Exercise	7:15pm	60mins	Body Combat	6:30pm	60mins
Pilates	8:00pm	60mins	LBT	6:00pm	60mins				Body Conditioning	7:30pm	45mins
			PiYo Live	7:00pm	60mins						
Friday			Saturday			Sunday					
Core Inferno	8:30am	30mins	Khai Bo	9:30am	60mins	Body Conditioning	9:30am	45mins			
Kinesis	9:00am	30mins	Pump & Tone	10:30am	60mins	Strength & Tone	10:30am	45mins			
PiYo Workout	9:30am	60mins	Yoga	11:30am	60mins						
Body Combat	10:30am	60mins									
Aqua Aerobics	11:30am	45mins									
Gym Circuit	6:00pm	30mins									

- TONE
- AEROBIC
- AEROBIC/TONE
- HOLISTIC