



FORMBY HALL
GOLF RESORT & SPA

CLASS TIMETABLE

WINTER 2019

MONDAY

AM

6:45am	Body Pump	30mins
7:30am	Body Combat	30mins
8:30am	Core Inferno	30mins
9:15am	Circuit Training	45mins
10:15am	Step & Tone	45mins
11:30am	Aqua Aerobics	45mins

PM

1:00pm	Body Pump	30mins
2:00pm	Body Combat	30mins
3:00pm	CX Worx	30mins
4:30pm	Body Balance	30mins
6:00pm	Body & Core	45mins
7:00pm	Body Pump	45mins
8:00pm	Pilates	60mins

TUESDAY

AM

7:00am	Bootcamp	30mins
8:30am	Ab Attack	30mins
9:30am	Body Combat	60mins
10:30am	PiYo Workout	60mins
11:45am	Tai Chi	60mins

PM

1:00pm	Body Combat	30mins
2:00pm	Body Balance	30mins
3:00pm	Body Pump	45mins
4:00pm	CX Worx	30mins
5:30pm	Core Inferno	30mins
6:00pm	Yoga	60mins
7:00pm	Sh'Bam	30mins
8:00pm	Body Balance	30mins

WEDNESDAY

AM

6:45am	Body Combat	30mins
7:45am	Sh'Bam	30mins
8:30am	Core Inferno	30mins
9:15am	Circuit Training	45mins
10:15am	Body Conditioning	45mins
11:30am	Aqua Aerobics	45mins

PM

1:00pm	Body Balance	30mins
2:00pm	Body Pump	30mins
3:00pm	Sh'Bam	30mins
4:00pm	Body Combat	30mins
5:00pm	CX Worx	30mins
6:15pm	HIIT	30mins
7:15pm	Tai Chi	60mins
8:30pm	Body Balance	30mins

THURSDAY

AM

6:45am	Body Pump	30mins
7:30am	Bootcamp	30mins
8:30am	PiYo Workout	30mins
9:15am	Kettle Blast	45mins
10:00am	Yoga with Jools	60mins
11:30am	Body Combat	30mins

PM

1:00pm	Body Pump	30mins
2:00pm	Sh'Bam	30mins
3:00pm	Body Pump	45mins
4:30pm	Body Balance	30mins
5:30pm	CX Worx	30mins
6:30pm	Body Combat	60mins
7:30pm	Body Conditioning	45mins
8:30pm	Body Balance	30mins

FRIDAY

AM

6:45am	Body Pump	45mins
7:45am	Body Combat	30mins
8:30am	Core Inferno	30mins
9:30am	PiYo Workout	60mins
10:30am	Body Combat	60mins
11:30am	Aqua Aerobics	45mins

PM

12:30pm	Sh'Bam	45mins
1:30pm	Body Pump	30mins
2:30pm	Body Balance	30mins
3:30pm	CX Worx	45mins
5:00pm	Body Combat	30mins
6:00pm	HIIT	30mins
7:00pm	CX Worx	30mins

SATURDAY

AM

8:15am	Body Pump	45mins
9:30am	Khai Bo	60mins
10:30am	Pump & Tone	60mins
11:30am	Yoga	60mins

PM

12:45pm	Body Pump	30mins
2:00pm	Body Combat	30mins
3:00pm	Sh'Bam	30mins
4:00pm	CX Worx	30mins
5:00pm	Body Balance	30mins
6:00pm	Sh'Bam	30mins
7:00pm	CX Worx	30mins

SUNDAY

AM

8:15am	Body Pump	30mins
9:30am	Sh'Bam	30mins
10:30am	LBT	45mins
11:30am	Yoga Fusion	45mins

PM

12:30pm	Body Balance	30mins
1:30pm	Body Pump	30mins
2:30pm	CX Worx	30mins
3:30pm	Body Combat	30mins
5:00pm	Sh'Bam	30mins
6:00pm	Body Pump	30mins
7:00pm	CX Worx	30mins

■ = LES MILLS VIRTUAL CLASSES

Please turn up 5 minutes before Les Mills Virtual Classes

Turn over for a full description of all classes.

