



### Monday

06:30-07:15 Core Blast  
08:05-08:45 Spin – Virtual  
08:00 – 09:00 Zumba  
09:00 – 10:00 Tennis Express  
09:15 – 10:00 Fitness Pilates  
09:30 – 10:15 Spa HIIT  
10:00 – 11:00 Pilates  
10:15 – 11:00 Aqua Zumba  
10:30 – 11:15 Wild Swimming  
11:00 – 11:45 Poolates  
11:15 – 12:15 Yogalates  
11:30 – 12:15 Legs, Bums, Tums  
12:30 – 13:30 Yoga  
14:30 – 15:15 Wild Swimming  
18:00 – 18:30 Body Conditioning  
18:45 – 19:15 Express Spin

### Tuesday

06:30-07:00 TRX  
08:30 – 09:15 Spin  
08:45 – 09:30 Pose Barre  
10:00 – 10:45 Aqua Gym  
10:00 – 11:00 Zumba  
10:30 – 11:15 Body Conditioning  
10:30 – 11:15 Wild Swimming  
11:00 – 11:30 Qi Gong  
11:30 – 12:30 Tai Chi  
12:30 – 13:30 Intermediate Pilates  
13:30 – 14:00 Battle Ropes  
13:30 – 14:30 Beginners Pilates  
14:30 – 15:15 Wild Swimming  
14:30 – 15:30 Iyengar Yoga  
16:50 – 17:35 Yogalates  
18:00 – 18:30 HIIT  
18:00 – 18:45 Pose Barre  
18:30 – 18:45 Get Strong  
19:00 – 19:45 Yoga Nidra

### Wednesday

06:30 – 07:00 Battle Rope Blast  
09:30 – 10:00 HIIT  
09:30 – 10:30 Ashtanga Yoga  
10:30 – 11:15 Wild Swimming  
10:30 – 11:15 Body Conditioning  
10:35 – 11:20 Pose Barre  
11:30 – 12:15 Body Conditioning  
11:45 – 12:45 Pilates  
12:45 – 13:45 Pilates  
14:30 – 15:15 Wild Swimming  
17:30 – 18:00 Full Body Stretch  
18:15 – 19:00 Fitness Racing  
19:00 – 20:00 Yin Yoga

Little Lodgers Splash Time;  
08:00 – 09:30 & 16:00 – 17:30 Daily  
Indoor Infinity Pool and Wild Swimming Pool Only

Please note pilates is on alternate Sunday's.

### Thursday

06:30 – 07:00 Core Blast  
08:30 – 09:00 HIIT  
09:15 – 10:00 Pose Barre  
09:30 – 10:15 Body Pump  
09:45 – 10:30 Aqua Gym  
10:00 – 11:00 Pilates  
10:30 – 11:15 Wild Swimming  
10:30 – 11:15 Body Pump  
11:15 – 12:15 Vinyasa Yoga  
12:15 – 13:00 Yoga  
13:00 – 14:00 Beginners Yoga  
13:30 – 14:00 TRX  
14:30 – 15:15 Wild Swimming  
14:30 – 15:30 Iyengar Yoga  
18:00 – 18:30 Body Conditioning  
18:30 – 19:45 Get Strong  
18:45 – 19:45 Pilates

### Friday

06:30 – 07:00 HIIT  
08:00 – 09:00 Step Aerobics  
08:30 – 09:00 Express Spin  
09:00 – 10:00 Zumba  
09:30 – 10:15 Body Conditioning  
10:00 – 11:00 Rusty Rackets  
10:15 – 11:15 Pilates  
10:30 – 11:15 Wild Swimming  
10:30 – 11:15 Body Conditioning  
11:00 – 12:00 Rusty Rackets  
11:30 – 12:30 Tai Chi  
11:45 – 12:30 Aqua Gym  
12:00 – 13:00 Improvers Tennis  
12:30 – 14:15 Poolates  
12:45 – 13:30 Pilates  
13:30 – 14:15 Pilates  
14:30 – 15:15 Metabolic Conditioning  
18:00 – 19:00 Relax and Unwind

### Saturday

08:00 – 08:30 Spin  
09:00 – 09:30 HIIT  
09:30 – 10:30 Vinyasa Yoga  
10:30 – 11:15 Wild Swimming  
10:30 – 11:15 Body Conditioning  
10:45 – 11:45 Yogalates  
11:30 – 12:15 Get Strong  
12:00 – 13:00 Rusty Rackets  
12:00 – 13:00 Sports Yoga  
13:00 – 14:00 Improvers Tennis  
14:15 – 14:45 Kettlebells  
14:30 – 15:15 Wild Swimming  
15:00 – 15:30 Virtual Spin  
16:30 – 17:15 Spa HIIT

### Sunday

08:00 – 08:45 Virtual Spin  
09:15 – 10:00 Beginners Pilates  
10:00 – 10:45 Boxfit  
10:15 – 11:00 Intermediate Pilates  
10:30 – 11:15 Wild Swimming  
11:00 – 11:45 Bootcamp  
14:30 – 15:15 Wild Swimming  
16:00 – 16:30 Virtual Spin