

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:45-07:30 Spinflex	06:45-07:30 Spinflex	06:45-07:30 Functional Fitness	07:00-07:45 HIIT	06:45-07:30 Spinflex	08:30-09:15 Kettlecise	07:30-08:15 Learn to Lift
09:15-10:00 Barbell Blast	09:15-10:00 Group Cycle	09:15-10:00 Spinflex	08:00-08:45 Legs Bums & Tums	09:15-10:00 Legs, Bums & Tums	09:30-10:15 Group Cycle	08:00-08:45 Finlake Running Club
10:15-11:00 Functional Fitness	10:45-11:30 Zumba	10:15-11:00 Pilates	09:15-10:00 Group Cycle	10:15-11:15 Zumba	10:30-11:15 Circuits	08:30-09:30 Yoga
11:15-11:45 Group Inductions	11:45-12:30 Barbell Blast	11:15-12:00 AquaFit	10:15-11:00 Circuits	11:15-12:00 Full Body Flow		09:45-10:30 Functional Fitness
11:15-12:00 Full Body Flow	16:00-16:45 Pilates	11:15-12:00 Functional Fitness	12:00-13:00 Group Induction	12:30-13:15 AquaFit		
12:15-13:00 Stretch & Mobility	17:00-17:45 Stretch and Mobility	12:15-13:00 Stretch & Mobility	12:15-13:15 Zumba	13:30-14:15 Pilates		
12:30-13:15 AquaFit	18:00-18:45 Group Cycle	16:30-17:15 Group Induction	13:00-14:00 Group Inductions	17:15-18:00 Spinflex		
13:30-14:30 Zumba	19:00-19:30 AB Attack	17:30-18:15 Barbell Blast	18:00-18:45 Group Inductions	18:00-18:45 Group Inductions		
17:30-18:15 Strength & Conditioning	19:45-20:30 Kettlecise	17:30-18:15 Mindful Movement	19:30-20:15 AquaFit	18:15-19:00 Pilates		
18:30-19:15 Circuits		18:30-19:15 Yoga	20:30-21:15 Combat Aerobics			
19:30-20:15 AquaFit		19:30-20:15 AquaFit				

All classes can be pre-booked up to 14 days in advance and are on a first come, first served basis. Free to members. Non Members £9 per person. Timetable may be subject to change.

For more information visit
finlakeresort.co.uk/fitness/classes