

# Springs Class Timetable

All classes are now booked via the Technogym MyWellness app, available from Google Play or your App Store.

Should you need any assistance with this, please speak to a member of our team or visit the dedicated Members' Area at [celtic-manor.com](http://celtic-manor.com)

Springs classes take place in our hotel conference rooms, therefore days and times of individual classes may alter due to room availability. Please ensure you pre-book your place to attend classes to receive communication about any changes.

Please note that you will need to bring your own exercise mat with you to classes where required.

All swimming lessons to be booked via Swimtime, Swimkidz and Puddle Ducks.

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Pilates 1000 - 1045	Swim Babies 1000 - 1230	Aqua Aerobics 1000 - 1045	Swim Babies 1000 - 1230	Aqua Aerobics 1000 - 1045	
Aqua HIIT 1100 - 1145	Yoga 1000-1100		Yoga 1000 - 1100		
Me & Baby Fit 1230 - 1315					
		Swimming Lessons 1400 - 1815			Swimming Lessons 1300 - 1700
			Swimming Lessons 1600 - 1900		
Total Body Conditioning 1800 - 1845	Dance Fit 1800 - 1900	Pilates 1830 - 1915	Legs, Bums and Tums 1800 - 1845	Spin 1815 - 1900	
	Moving Meditation Tai Chi 1900 - 1945				

CYCLING	HIGH INTENSITY CLASS	VIRTUAL CLASS	STRENGTH & CONDITIONING
MIND & BODY	WATER BASED ACTIVITY	CARDIO	DANCE