

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

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 9:00 - 9.45			
Pilates 10:00 - 10:45	Swim Babies 10:00 - 12:30	Aqua Aerobics 10:00 - 10:45	Swim Babies 10:00 - 12:00	Aqua Aerobics 10:00 - 10:45	
Aqua HIIT 11:00 - 11:45	Yoga 10:00-11:00		Moving Meditation Tai Chi 10:00 - 11:00		
Me & Baby Fit 12:30 -13:15					
		Swimming Lessons 14:00 - 18:15			Swimming Lessons 13:00 - 17:00
			Swimming Lessons 16:00 - 19:00		
Total Body Conditioning 18:00 - 18:45	Dance Fit 18:00 - 19:00	Pilates 18:30 - 19:15	Legs, Bums and Tums 18:00 - 18:45	Spin 18:15 - 19:00	
Yoga 19:00 - 20:00	Moving Meditation Tai Chi 19:00 - 19:45				

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