

Springs Class Timetable



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

Should you need any assistance, please speak to a member of our team.

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	Barre 09:00 - 10:00	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 11:00 - 11:45	Yoga 10:00-11:00		Moving Meditation Tai Chi 10:00 - 11:00		
	Gentle Conditioning 11:00 - 12:00		Burn 30 12:00 - 12:30		
		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		Aqua HIIT 19:10 - 19:40		

- Thursday Aqua HIIT at 19:10 does not run during half-term holidays.
- Thursday Aqua HIIT uses half of the swimming pool.
- The following Aqua classes use the full swimming pool:
 - Monday at 11:00
 - Wednesday at 10:00
 - Friday at 10:00

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