



BRYNMEADOWS
GOLF · HOTEL · SPA

CLASS TIMETABLE

	MORNING		EVENING	
MONDAY	9:15 - 10:00 10:15 - 10:45	Ab Sculpt Aqua Aerobics	18:00 - 19:00	Circuits
TUESDAY	9:15 - 10:00	Legs, Bums & Tums	18:00 - 19:00	Kettlebells
WEDNESDAY	9:15 - 10:00 10:15 - 10:45	Power Circuits Aqua Aerobics	18:00 - 19:00	Bootcamp
THURSDAY	9:15 - 10:00	Body Pump	18:00 - 19:00	Boxfit
FRIDAY	9:15 - 10:00 10:15 - 10:45	Boxfit Aqua Aerobics	18:00 - 19:00	Pure Cardio HIIT
SATURDAY	9:30 - 10:30	Circuits	17:00 - 18:00	Bootcamp
SUNDAY	9:30 - 10:30	Pure Cardio HIIT	17:00 - 18:00	Legs, Bums & Tums

All gym bases classes are 30 minutes in duration

All water based classes are 30 - 45 minutes in duration

All outdoor and Barn Suite classes are 45 - 60 minutes in duration