CLASS TIMETABLE

SUMMER TIMETABLE FROM 19TH JULY 2021

Due to summer holidays, some classes may have a different instructor taking it. For the most up-to-date information, see bookings.coletshealthclub.co.uk.

MON

06:45 07:30	H.I.I.T.* (OUTSIDE)
08:00 09:15	DYNAMIC YOGA - ALIGNMENT (STUDIO 2)
09:30 10:15	CARDIO & CONDITIONING* (OUTSIDE)
09:30 10:15	STREETBOX* (STUDIO 1)
09:45 10:35	BARRE CONCEPT** (STUDIO 2)
10:05 10:45	AQUA** (POOL)
10:30 11:15	TOTAL BODY CONDITIONING* (STUDIO 1)
10:45 11:35	PILATES - IMP/INT (STUDIO 2)
11:30 12:15	BACK CARE** (STUDIO 1)
11:45 12:35	FITNESS PILATES** (STUDIO 2)
12:30 13:15	BODY PUMP (STUDIO 1)
13:45 14:30	SIT & GET FIT (STUDIO 2)
17:30 18:15	FUNCTIONAL TRAINING* (OUTSIDE)
17:45 18:35	BARRE CONCEPT** (STUDIO 2)
18:30 19:15	STREETBOX (OUTSIDE)
18:30 19:20	PILATES - IMP/INT (STUDIO 1)
18:45 20:00	GENTLE FLOW VINYASA YOGA** (STUDIO 2)
19:05 19:45	AQUA** (POOL)
19:30 20:20	PILATES - BEG/IMP** (STUDIO 1)
20:05 20:45	SWIM FIT (POOL)

TUE

06:30 07:05	SWIM FIT* (POOL)
08:30 09:15	CARDIO & CONDITIONING* (OUTSIDE)
08:45 09:35	PILATES - BEG/IMP** (STUDIO 2)
09:45 10:35	BARRE CONCEPT** (STUDIO 2)
09:30 10:30	BODY PUMP (STUDIO 1)
10:05 10:45	AQUA - DEEP WATER (POOL)
10:45 11:15	CORE & STRETCH** (OUTSIDE)
10:45 12:00	VINYASA FLOW YOGA** (STUDIO 2)
11:30 12:15	ZUMBA** (STUDIO 1)
12:30 13:15	BOOTCAMP* (OUTSIDE)
12:45 13:35	PILATES - BEG/IMP** (STUDIO 2)
13:45 14:30	CLUB ACTIVE (STUDIO 2)
17:30 18:15	BOOTCAMP* (OUTSIDE)
18:05 18:45	AQUA** (POOL)
18:30 19:15	KETTLEBELL WORKOUT (OUTSIDE)
18:30 19:30	BODY PUMP (STUDIO 1)
19:00 19:50	FITNESS PILATES (STUDIO 2)

WED

06:45 07:30	BOOTCAMP* (OUTSIDE)
08:45 09:35	PILATES - IMP/INT (STUDIO 2)
09:05 09:45	AQUA** (POOL)
09:30 10:15	CARDIO & CORE* (OUTSIDE)
09:30 10:15	ZUMBA* ** (STUDIO 1)
09:45 10:35	PILATES - BEG/IMP** (STUDIO 2)
10:30 11:15	TOTAL BODY CONDITIONING* ** (STUDIO 1)
10:45 12:00	IYENGAR YOGA (STUDIO 2)
12:30 13:15	BODY PUMP (STUDIO 1)
12:45 13:35	PILATES - BEG/IMP* (STUDIO 2)
13:45 14:35	TAI CHI (OUTSIDE/STUDIO 2)
17:30 18:15	FUNCTIONAL TRAINING* (OUTSIDE)
17:30 18:15	BODY PUMP* (STUDIO 1)
18:30 19:15	STREETBOX (STUDIO 1)
18:30 19:15	CARDIO & CORE (OUTSIDE)
18:45 20:00	VINYASA FLOW & RESTORE YOGA** (STUDIO 2)
19:30 20:15	TOTAL BODY CONDITIONING** (STUDIO 1)

THU

06:30 07:05	SWIM FIT* (POOL)
08:00 09:00	YIN YOGA** (STUDIO 2)
08:30 09:15	CARDIO & CORE* (OUTSIDE)
09:10 10:00	BARRE CONCEPT** (STUDIO 2) **
09:30 10:15	TOTAL BODY CONDITIONING* ** (STUDIO 1)
10:05 10:45	AQUA - DEEP WATER (POOL)
10:15 11:30	GENTLE FLOW VINYASA YOGA* ** (STUDIO 2)
11:30 12:15	CARDIO & CONDITIONING* (OUTSIDE)
12:30 13:15	FUNCTIONAL TRAINING* (OUTSIDE)
12:30 13:15	BACK CARE** (STUDIO 1)
12:45 13:35	PILATES - BEG/IMP** (STUDIO 2)
13:45 14:30	CLUB ACTIVE (STUDIO 2)
17:30 18:15	TOTALLY SHREDDED* (OUTSIDE)
18:30 19:15	KONGA (OUTSIDE)
18:45 20:00	IYENGAR YOGA (STUDIO 2)
19:05 19:45	AQUA** (POOL)
19:30 20:30	BODY PUMP (STUDIO 1)

FRI

06:45 07:30	CARDIO & CORE* (OUTSIDE)
09:10 10:00	BARRE CONCEPT** (STUDIO 2) *
09:30 10:15	FUNCTIONAL TRAINING (OUTSIDE)
09:30 10:30	BODY PUMP (STUDIO 1)
10:05 10:45	AQUA** (POOL)
10:10 11:00	PILATES - IMP/INT (STUDIO 2)
11:30 12:15	KETTLEBELL WORKOUT (OUTSIDE)
11:30 12:15	FITNESS PILATES* ** (STUDIO 1)
11:45 13:00	GENTLE FLOW VINYASA YOGA* ** (STUDIO 2)
18:45 20:00	YIN YOGA** (STUDIO 2)

SAT

08:30 09:15	TOTALLY SHREDDED* (OUTSIDE)
08:45 09:35	PILATES - IMP/INT (STUDIO 2)
09:30 10:15	BOOTCAMP* (OUTSIDE)
09:30 10:15	STREETBOX* (STUDIO 1)
09:45 10:35	PILATES - BEG/IMP** (STUDIO 2)
10:30 11:15	CARDIO & STRENGTH (OUTSIDE)
10:45 12:00	DYNAMIC YOGA (STUDIO 2)
17:05 17:45	AQUA** (POOL)

SUN

09:30 10:30	ASHTANGA DYNAMIC YOGA (STUDIO 2)
09:30 10:20	BODY PUMP (STUDIO 1)
09:30 10:15	CARDIO & STRENGTH (OUTSIDE)
10:30 11:15	KONGA* (OUTSIDE)
10:45 11:45	YIN YOGA** (STUDIO 2)
17:05 17:45	AQUA** (POOL)

* CLASS NOT RUNNING ON THE 23RD JULY

** PILATES (IMP/INT) INSTEAD OF BARRE ON THE 22ND & 29TH JULY

MIND & BODY | HIGH INTENSITY | POOL | DANCE | STRENGTH/CONDITIONING | OTHER

@COLETSHEALTH

PILATES LEVELS

BEG/IMP - BEGINNER/IMPROVER

IMP/INT - IMPROVER/INTERMEDIATE

If you're unsure which class is right for you, contact CarolineT@colets.co.uk

Classes must be pre-booked, and can be done so up to a week in advance.

*Can be booked by 14-17 members. | **Suitable for newly post-natal after six-week check

For pre-natal recommendations, please speak to CarolineT@colets.co.uk

Simply use our online booking portal, or call Reception on 020 8398 7108

COLETS HEALTH & FITNESS