

# FITNESS TIMETABLE for 12-15 year olds

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
AM	PM	AM	PM	AM	PM	AM	PM
08:30 - 09:15 <b>Legs, Bums &amp; Tums</b> With Emma	12:30 - 13:15 <b>Low Impact Workout</b> With Kelly	07:00 - 07:45 <b>Stages Flight 45</b> With Cameron	12:15 - 13:15 <b>Hatha Yoga</b> With Rebekah	09:30 - 10:15 <b>Zumba</b> With Joanna	13:00 - 14:00 <b>Restore &amp; Rejuvenate Yoga</b> With Jean-Claude	09:15 - 10:15 <b>Fitness Pilates</b> With Jayne	12:00 - 13:00 <b>Hatha Yoga</b> With Bea
09:15 - 10:15 <b>Pilates and Stretch</b> With Beth	13:15 - 14:15 <b>Tai Chi</b> With Linda	08:45 - 09:45 <b>Pilates for Golf</b> With Bea	12:30 - 13:15 <b>Zumba</b> With Joanna	10:15 - 11:15 <b>Pilates</b> With Aniko	16:10 - 16:40 <b>Virtual Stages Flight 30</b>	09:20 - 10:05 <b>HIIT</b> With Kelly	14:45 - 15:45 <b>Tai Chi</b> With Linda
09:30 - 10:15 <b>Zumba</b> With Jack	16:25 - 16:55 <b>Virtual Stages Flight 30</b>	09:30 - 10:30 <b>Rhythm Cycle 45 &amp; Abs</b> With Cameron	13:30 - 14:30 <b>Fundamental Yoga</b> With Vina	10:15 - 11:15 <b>Stages Flight Cycle 45 &amp; Stretch</b> With Charlie	17:15 - 18:00 <b>Prickle Ball Release</b> With Kerry	09:30 - 10:15 <b>Rhythm Cycle 45</b> With Nathan	17:15 - 18:00 <b>Vinyasa Flow Yoga</b> With Vina
09:40 - 10:25 <b>Stages Flight Cycle 45</b> With Charlie	17:15 - 18:00 <b>Pilates</b> With Bea	10:35 - 11:20 <b>Total Body Workout</b> With Cameron	16:10 - 16:40 <b>Virtual Stages Flight 30</b>	11:30 - 12:45 <b>Rasa Flow Vinyasa</b> With Jean-Claude	18:15 - 19:00 <b>Stretch &amp; Relax</b> With Kerry	10:30 - 11:15 <b>Outdoor Bootcamp</b> With Charlie	18:00 - 18:45 <b>Stages Flight 45</b> With Emma
10:30 - 11:30 <b>Slow Flow Yoga</b> With Vina	18:15 - 19:00 <b>Stages Flight Cycle 45</b> With Emma	11:30 - 12:15 <b>BarreConcept</b> With Phoebe	17:15 - 18:00 <b>Intro To Pilates</b> With Amanda	18:30 - 19:15 <b>Virtual Stages Flight Cycle 45</b>	19:20 - 20:05 <b>Zumba</b> With Claire B	10:30 - 11:15 <b>BarreConcept</b> With Jayne	18:15 - 19:00 <b>Restorative Yoga</b> With Vina
10:45 - 11:30 <b>Outdoor Bootcamp</b> With Charlie	18:15 - 19:00 <b>Stretch Yoga</b> With Emma		17:30 - 18:00 <b>Virtual Stages Flight 30</b>	19:15 - 20:15 <b>Pilates</b> With Katrina		10:30 - 11:45 <b>Pilates &amp; Stretch</b> With Kerry	19:00 - 19:45 <b>Body Conditioning</b> With Emma
11:45 - 12:45 <b>Pilates</b> With Beth	19:15 - 20:15 <b>Restorative Yoga</b> With Emma		17:30 - 18:15 <b>Teen Circuits</b> With Danny				
			18:15 - 19:00 <b>Step and Tone</b> With Emma				
			18:15 - 19:00 <b>Pilates with Equipment (Int/Adv)</b> With Amanda				
			18:30 - 19:15 <b>Stages Flight Cycle 45</b> With Cameron				
			19:15 - 20:00 <b>Legs, Bums &amp; Tums</b> With Emma				
			19:15 - 20:30 <b>Classical Yoga</b> With Victoria				

## KEY

- These classes take place in The Yoga Cabin
- 12-15 year olds accompanied by an adult
- 14-15 year olds accompanied by an adult
- 8 year olds + accompanied by an adult
- These classes take place in The Box

FRIDAY		SATURDAY		SUNDAY	
AM	PM	AM	PM	AM	PM
09:00 - 9:25 <b>Core &amp; Abs</b> With Danny	12:00 - 13:00 <b>Stretch Yoga</b> With Kerry	09:00 - 09:55 <b>Legs, Bums &amp; Tums</b> With Kerry	12:00 - 12:45 <b>Family Functional Fitness</b> With Joanna	09:15 - 10:00 <b>Body Conditioning</b> With Emma	17:15 - 18:15 <b>Gentle Hatha Yoga &amp; Stretch</b> With Lizzie
09:30 - 10:15 <b>Stages Cycle</b> With Neil	17:15 - 18:00 <b>Teen Fitness &amp; Flexibility</b> With Isla	09:30 - 10:15 <b>Stages Flight Cycle 45</b> With Sarah	13:00 - 13:45 <b>Family Functional Fitness</b> With Danny	09:30 - 10:45 <b>Hatha Yoga</b> With Vina	
09:35 - 10:20 <b>Legs, Bums &amp; Tums</b> With Emma	17:15 - 18:15 <b>Core Yoga Fusion</b> With Kerry	10:15 - 11:15 <b>Pilates</b> With Kerry	17:15 - 18:15 <b>Hatha Yoga &amp; Meditation</b> With Sandra	10:10 - 11:10 <b>Stages Flight Cycle 60</b> With Neil	
10:45 - 11:45 <b>Restorative Pilates</b> With Amanda	18:00 - 18:45 <b>Virtual Stages Flight 30</b>	11:30 - 12:15 <b>Stretch &amp; Relax</b> With Kerry		10:15 - 11:00 <b>Dance Fit</b> With Phoebe	
				10:55 - 11:55 <b>Restorative Yoga and Meditation</b> With Vina	

## 12-15 YEAR OLD GYM TIMES

**Term time:** Mon-Thurs 3-5pm, Fridays 3-9:30pm, Sat-Sun 12-7:30pm

**Holidays:** Mon-Thurs 12-5pm, Fridays 12-9:30pm, Sat-Sun 12-7:30pm

Must be accompanied by an adult whilst using the gym, and have had a gym induction with a member of the fitness team. Email [fitness@foxhills.co.uk](mailto:fitness@foxhills.co.uk) to book an induction.

## JUNIOR PERSONAL TRAINING

60 mins: **£40** | 11 x 60 mins: **£400**

30 mins: **£25** | 11 x 30 mins: **£250**