TEEN FITNESS TIMETABLE

MONDAY

AM	PM
07:00 - 07:45 **Circuits** With Danny	13:15 - 14:15 **Tai Chi** With Linda
08:30 - 09:15 **Legs, Bums & Tums** With Emma	15:00 - 15:45 **Pilates** With Charlotte
09:15 - 10:15 **Pilates and Stretch** With Beth	17:15 - 18:00 **Pilates** With Bea
09:30 - 10:15 **Zumba** With Jack	18:15 - 19:00 **Stages Flight Cycle 45** With Richard
09:40 - 10:25 **Stages Flight Cycle 45** With Ellie	18:15 - 19:00 **Circuits** With Charlotte
10:30 - 11:30 **Slow Flow Yoga** With Vina	18:15 - 19:00 **Stretch Yoga** With Emma
11:45 - 12:45 **Pilates** With Beth	

TUESDAY

AM	PM
08:45 - 09:45 **Pilates for Golf** With Bea	12:15 - 13:15 **Hatha Yoga** With Rebekah
09:30 - 10:30 **Rhythm Cycle 45 & Abs** With Richard	12:30 - 13:15 **Zumba** With Joanna
10:35 - 11:20 **Total Body Workout** With Richard	13:30 - 14:30 **Fundamental Yoga** With Vina
	16:30 - 17:30 **Open Box** THE BOX
	17:15 - 18:00 **Intro To Pilates** With Amanda
	18:15 - 19:00 **Pilates with Equipment (Int/Adv)** With Amanda
	18:30 - 19:15 **Stages Flight Cycle 45** With Simon
	19:15 - 20:00 **Classical Yoga** With Justine
	19:30 - 20:15 **Step and Tone** With Mandy

WEDNESDAY

AM	PM
09:30 - 10:15 **Zumba** With Joanna	12:30 - 13:15 **Yogalates** With Rebekah
10:15 - 11:15 **Pilates** With Aniko	13:00 - 14:00 **Restore & Rejuvenate Yoga** With Jean-Claude
10:15 - 11:00 **Stages Flight Cycle 45 & Stretch** With Ellie	14:15 - 15:15 **Pilates** With Beth
11:30 - 12:45 **Rasa Flow Vinyasa** With Jean-Claude	17:15 - 18:00 **Prickle Ball Release** With Kerry
11:30 - 12:15 **Low Impact Aerobics** With Joanna	18:15 - 19:00 **Body Conditioning** With Sophie
	18:15 - 19:00 **Stretch & Relax** With Kerry
	19:15 - 20:00 **Zumba** With Claire B
	19:15 - 20:15 **Pilates** With Katrina

THURSDAY

AM	PM
09:30 - 10:15 **Rhythm Cycle 45** With Sarah	12:00 - 13:00 **Hatha Yoga** With Bea
10:30 - 11:15 **BarreConcept** With Sarah	14:45 - 15:45 **Tai Chi** With Linda
10:30 - 11:45 **Pilates & Stretch** With Kerry	17:15 - 18:00 **Vinyasa Flow Yoga** With Vina
	18:15 - 19:00 **Restorative Yoga** With Vina
	19:15 - 20:00 **Pilates** With Francesca

KEY

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

FRIDAY

AM	PM
09:30 - 10:15 **Stages Cycle** With Simon	12:00 - 13:00 **Stretch Yoga** With Heena
09:35 - 10:20 **Legs, Bums & Tums** With Emma	17:15 - 18:15 **Pilates and Stretch** With Kerry
10:30 - 11:30 **Rhythm & Abs** With Claire	17:30 - 18:30 **Open Box** THE BOX
11:45 - 12:30 **Zumba** With Claire	

SATURDAY

AM	PM
08:00 - 08:45 **Circuits** With Joanna	12:00 - 12:45 **Family Functional Fitness 8+** With Joanna THE BOX
09:00 - 09:55 **Legs, Bums & Tums** With Kerry	14:00 - 15:00 **Pilates and Stretch** With Justine
09:30 - 10:15 **Stages Flight Cycle 45** With Simon	
10:15 - 11:15 **Pilates** With Kerry	
11:30 - 12:15 **Stretch & Relax** With Kerry	

SUNDAY

AM	PM
09:15 - 10:00 **Body Conditioning** With Emma	17:15 - 18:15 **Gentle Hatha Yoga & Strecth** With Lizzie
09:30 - 10:45 **Hatha Yoga** With Vina	
10:10 - 11:10 **Stages Flight Cycle 60** With Neil	
11:00 - 12:00 **Restorative Yoga and Meditation** With Vina	
11:15 - 12:00 **Dance Fit** With Lauren	

12-15 YEAR OLD GYM TIMES

Term time: Mon - Thurs 15:00 - 17:00, Fri 15:00 - 21:30, Sat - Sun 12:00 -19:30
Holidays: Mon - Thurs 12:00 - 17:00, Fri 12:00 - 21:30, Sat-Sun 12:00 - 19:30

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 to book an induction. Teens must visit 'gym ready', as under 16-year-olds are not permitted to use the HealthSpa changing room facilities.

JUNIOR PERSONAL TRAINING

60 mins: **£50** | 11 x 60 mins: **£500**
30 mins: **£30** | 11 x 30 mins: **£300**

**PT packages of 1 - 11 are sold with a 3-month expiry date from date of purchase*

Foxhills