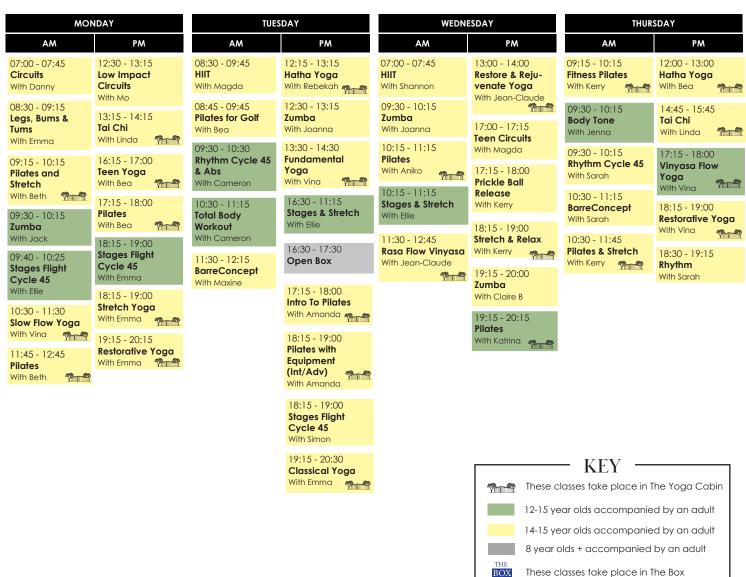
FITNESS TIMETABLE for 12-15 year olds



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

SATURDAY		
AM	PM	
09:00 - 09:55 Legs, Bums & Tums With Kerry	12:00 - 12:45 Family Functional Fitness With Joanna	
09:30 - 10:15 Stages Flight Cycle 45 With Sarah	13:00 - 13:45 Family Bootcamp With Danny THE BOX	
10:15 - 11:15 Pilates With Kerry	16:15 - 17:00 Yoga With Bea	
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	
09:30 - 10:45 Hatha Yoga With Vina	With Lizzie	
10:10 - 11:10 Stages Flight Cycle 60 With Neil		
10:55 - 11:55 Restorative Yoga and Meditation With Vina		
11:30 - 12:30 Dance Fit With Lauren		

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 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: £40 | 11 x 60 mins: £400 30 mins: £25 | 11 x 30 mins: £250