











































FITNESS TIMETABLE for 12-15 year olds

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
AM	PM	AM	PM	AM	PM	AM	PM
08:30 - 09:15 Legs, Bums & Tums With Emma	12:30 - 13:15 Low Impact Workout With Claire	07:00 - 07:45 Stages Flight 45 With Mille	12:15 - 13:15 Hatha Yoga With Rebekah 	09:30 - 10:15 Zumba With Joanna	13:00 - 14:00 Restore & Rejuvenate Yoga With Jean-Claude 	09:15 - 10:15 Fitness Pilates With Jayne 	12:00 - 13:00 Hatha Yoga With Bea 
09:15 - 10:15 Pilates and Stretch With Beth 	13:15 - 14:15 Tai Chi With Linda 	08:45 - 09:45 Pilates for Golf With Bea 	12:30 - 13:15 Zumba With Joanna	10:15 - 11:15 Pilates With Shirley 	16:10 - 16:40 Virtual Stages Flight 30	09:30 - 10:15 HIIT With Laura	14:45 - 15:45 Tai Chi With Linda 
09:30 - 10:15 Zumba With Emma	16:25 - 16:55 Virtual Stages Flight 30	09:30 - 10:30 Rhythm Cycle 45 & Abs With Cameron	13:30 - 14:30 Fundamental Yoga With Vina 	10:15 - 11:15 Stages Flight Cycle 45 & Stretch With Charlie	17:00 - 17:45 Family Functional Fitness 	09:30 - 10:15 Rhythm Cycle 45 With Nathan	17:15 - 18:00 Vinyasa Flow Yoga With Vina 
09:40 - 10:25 Stages Flight Cycle 45 With Charlie	17:15 - 18:00 Pilates With Bea 	10:30 - 11:15 Total Body Workout With Laura	16:10 - 16:40 Virtual Stages Flight 30	11:30 - 12:45 Rasa Flow Yoga With Jean-Claude 	17:15 - 18:00 Prickle Ball Release With Kerry	10:30 - 11:15 Outdoor Bootcamp With Charlie	18:00 - 18:45 Stages Flight 45 With Emma
10:30 - 11:30 Slow Flow Yoga With Vina 	18:15 - 19:00 Stages Flight Cycle 45 With Emma	11:30 - 12:15 BarreConcept With Laura	17:15 - 18:00 Intro To Pilates With Amanda 		18:15 - 19:00 Stretch & Relax With Kerry 	10:30 - 11:15 BarreConcept With Jayne	18:15 - 19:00 Restorative Yoga With Vina 
10:45 - 11:30 Outdoor Bootcamp With Charlie	18:15 - 19:00 Stretch Yoga With Emma 		17:30 - 18:00 Virtual Stages Flight 30		18:30 - 19:15 Virtual Stages Flight Cycle 45	10:30 - 11:45 Pilates With Kerry 	19:00 - 19:45 Body Conditioning With Emma
11:45 - 12:45 Pilates With Beth 	19:05 - 20:05 Latin Dance With Jess		18:15 - 19:00 Step and Tone With Emma		19:15 - 20:00 Zumba With Mark		
	19:15 - 20:15 Restorative Yoga With Emma 		18:15 - 19:00 Pilates With Amanda 		19:15 - 20:15 Pilates With Katrina 		
			18:30 - 19:15 Stages Flight Cycle 45 With Cameron				
			19:15 - 20:00 Legs, Bums & Tums With Emma				
			19:15 - 20:30 Classical Yoga 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 - 10:00 Core & Abs With Danny	12:00 - 13:00 Stretch Yoga With Kerry 	09:00 - 09:55 Legs, Bums & Tums With Kerry 	13:00 - 13:45 Family Functional Fitness 	09:15 - 10:00 Body Conditioning With Emma	17:15 - 18:15 Restorative Yoga & Stretch With Lizzie
09:30 - 10:15 Stages Cycle With Neil	17:15 - 18:15 Core Yoga Fusion With Kerry 	09:30 - 10:15 Stages Flight Cycle 45 With Lucy	17:15 - 18:15 Hatha Yoga & Meditation With Emma 	09:30 - 10:45 Hatha Yoga With Vina 	
09:30 - 10:30 Sequence Yoga With Vina 	18:00 - 18:45 Virtual Stages Flight 30	10:15 - 11:15 Pilates With Kerry 		10:10 - 11:10 Stages Flight Cycle 60 With Simon	
09:35 - 10:20 Legs, Bums & Tums With Emma		11:30 - 12:15 Stretch & Relax With Kerry 		10:15 - 11:00 Zumba With Emma	
10:45 - 11:45 Restorative Pilates With Amanda 				10:55 - 11:55 Stretch Yoga & Meditation 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 to book an induction.

JUNIOR PERSONAL TRAINING

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

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