

EASTWELL MANOR ACTIVITY SCHEDULE NOVEMBER 2020

TIME	CLASS	INTENSITY	VENUE
07.00 - 07.30	HIIT	♥♥♥♥	STUDIO
08.30 - 09.15	ASHTANGA YOGA £	♥♥	STUDIO
09.30 - 10.00	AQUA	♥♥♥	POOL
10.30 - 11.15	CHAMP RIDE 45	♥♥♥♥	STUDIO
14.00 - 14.55	COUNTRY HIKE	♥	FITNESS DESK
16.30 - 17.15	FITNESS PILATES	♥♥♥	STUDIO
18.30 - 19.00	AQUA	♥♥♥	POOL
19.15 - 20.00	BOOT CAMP CIRCUITS	♥♥♥♥	STUDIO

TIME	CLASS	INTENSITY	VENUE
07.00 - 07.30	CHAMP RIDE 30	♥♥♥♥	STUDIO
08.30 - 9.15	BARRE	♥♥♥	STUDIO
09.30 - 10.00	AQUA	♥♥♥	POOL
09.30 - 10.25	VINYASA YOGA £	♥♥♥	STUDIO
10.30 - 11.15	HIIT	♥♥♥♥	STUDIO
14.00 - 14.55	COUNTRY HIKE	♥	FITNESS DESK
16.30 - 17.00	STRETCH & RELAX	♥♥	STUDIO
17.30 - 18.00	AQUA	♥♥♥	POOL
18.30 - 19.15	CHAMP RIDE 45	♥♥♥♥	STUDIO

TIME	CLASS	INTENSITY	VENUE
06.45 - 07.30	FITNESS PILATES	♥♥♥	POOL
09.30 - 10.00	AQUA	♥♥♥	POOL
10.30 - 11.00	HIIT	♥♥♥♥	STUDIO
11.00-11.30	CORE FUSION	♥♥♥	STUDIO
14.00 - 14.55	COUNTRY HIKE	♥	FITNESS DESK
16.30 - 17.00	STRETCH & RELAX	♥♥	STUDIO
18.30 - 19.00	AQUA	♥♥♥	POOL
19.15 - 20.00	CIRCUITS	♥♥♥	STUDIO

TIME	CLASS	INTENSITY	VENUE
07.00 - 07.30	HIIT	♥♥♥♥	STUDIO
08.30 - 09.00	CORE FUSION	♥♥♥	STUDIO
09.30 - 10.00	AQUA	♥♥♥	POOL
10.30 - 11.15	CHAMP RIDE 45	♥♥♥♥	POOL
14.00 - 14.55	COUNTRY HIKE	♥	FITNESS DESK
16.30 - 17.00	STRETCH & RELAX	♥♥	STUDIO
17.30 - 18.00	AQUA	♥♥♥	POOL
18.15 - 19.00	BARRE	♥♥♥	STUDIO
19.15 - 20.00	RESTORATIVE YOGA £	♥♥♥	STUDIO

TIME	CLASS	INTENSITY	STUDIO 1
06.45 - 07.30	FITNESS PILATES	♥♥♥	STUDIO
09.30 - 10.00	AQUA	♥♥♥♥	POOL
10.30 - 11.00	HIIT	♥♥♥♥	STUDIO
11.00 - 11.30	CORE FUSION	♥♥♥	POOL
14.00 - 14.55	COUNTRY HIKE	♥	FITNESS DESK
16.30 - 17.00	STRETCH & RELAX	♥♥	STUDIO
18.30 - 19.00	AQUA	♥♥♥	POOL
19.15 - 20.00	CHAMP RIDE 45	♥♥♥♥	STUDIO

TIME	CLASS	INTENSITY	STUDIO 1
07.30 - 08.00	HIIT	♥♥♥♥	STUDIO
08.30 - 09.15	MORNING WALK	♥♥	FITNESS DESK
09.30 -10.00	AQUA	♥♥♥	POOL
10.30 - 11.15	CIRCUITS	♥♥♥	STUDIO
11.15 - 12.15	VINYASA YOGA £	♥♥♥	STUDIO
14.00 - 14.55	COUNTRY HIKE	♥	FITNESS DESK
16.30 - 17.00	STRETCH & RELAX	♥♥	STUDIO
17.30 - 18.00	CORE FUSION	♥♥♥	STUDIO
18.15 - 19.00	CHAMP RIDE 45	♥♥♥♥	STUDIO

TIME	CLASS	INTENSITY	STUDIO 1
07.30 - 08.15	FITNESS PILATES	♥♥♥	STUDIO
08.30 - 09.15	MORNING WALK	♥♥	FITNESS DESK
09.30 - 10.00	AQUA	♥♥♥	POOL
10.30 - 11.15	CHAMP RIDE 45	♥♥♥♥	STUDIO
14.00 - 14.55	COUNTRY HIKE	♥	FITNESS DESK
16.30 - 17.00	STRETCH & RELAX	♥♥♥	STUDIO
17.30 - 18.00	HIIT	♥♥♥	STUDIO
18.15 - 19.00	BOOT CAMP CIRCUITS	♥♥♥♥	STUDIO