



# WELLNESS

AT GLENEAGLES

<b>MONDAY</b>	06.45-07.30 Low Impact HIIT <i>with Kim</i> MOVE STUDIO	08:00-08:45 TRX <i>with Megan</i> MOVE STUDIO	09:15-10:00 Move <i>with Kim</i> MOVE STUDIO	10:45-11:30 Lift <i>with Megan</i> MOVE STUDIO	11:45-12:15 Recover <i>with Megan</i> MOVE STUDIO	13:00-13:45 Foundational Circuits <i>with Kelsey</i> MOVE STUDIO	14:00-14:45 Mobility & Flexibility <i>with Kelsey</i> MOVE STUDIO	16:45-17:30 The Killer Workout <i>with Duncan</i> MOVE STUDIO	17:45-18:15 The Killer Challenge <i>with Duncan</i> GYM	18:45-19:30 Advanced Circuits <i>with Duncan</i> MOVE STUDIO
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<b>TUESDAY</b>	06.45-07.30 The Knockout <i>with Duncan</i> MOVE STUDIO	09:30-10:15 The Killer Spin <i>with Duncan</i> MOVE STUDIO	10:00-10:45 Aqua <i>with Anna</i> POOL	10:45-11:30 Strength & Conditioning <i>with Rob</i> MOVE STUDIO	11:45-12:15 Restore <i>with Rob</i> MOVE STUDIO	12:30-13:00 The Killer Challenge <i>with Duncan</i> GYM	13:15-14:00 Flow & Stretch <i>with Anna</i> MOVE STUDIO	15:00-15:45 Core Strength & Balance <i>with Anna</i> MOVE STUDIO	16:45-17:30 Low Impact HIIT <i>with Megan</i> MOVE STUDIO	18:30-19:15 Spin Beats <i>with Megan</i> MOVE STUDIO	19:30-20:00 Recover <i>with Megan</i> MOVE STUDIO
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<b>WEDNESDAY</b>	06.45-07.30 Lift <i>with Duncan</i> MOVE STUDIO	08:00-08:30 Spin Express <i>with Duncan</i> MOVE STUDIO	09:30-10:15 The Knockout <i>with Duncan</i> MOVE STUDIO	11:15-12:00 Strength & Conditioning <i>with Rob</i> MOVE STUDIO	12:15-12:45 Recover <i>with Rob</i> MOVE STUDIO	13:30-14:15 Move <i>with Megan</i> MOVE STUDIO	14:45-15:30 TRX <i>with Megan</i> MOVE STUDIO	16:30-17:15 Core Strength & Balance <i>with Megan</i> MOVE STUDIO	17:30-18:15 Aerobics <i>with Kim</i> MOVE STUDIO	18:30-19:15 Spin to Yin <i>with Kim</i> MOVE STUDIO	19:30-20:15 Mobility & Flexibility <i>with Kelsey</i> MOVE STUDIO
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<b>THURSDAY</b>	06.45-07.30 The Killer Spin <i>with Megan</i> MOVE STUDIO	09:15-10:00 Lift <i>with Kim</i> MOVE STUDIO	10:45-11:30 The Killer Workout <i>with Megan</i> MOVE STUDIO	11:00-11:45 Aqua <i>with Anna</i> POOL	12:00-12:45 Foundational Circuits <i>with Megan</i> MOVE STUDIO	13:15-14:00 Flow & Stretch <i>with Anna</i> MOVE STUDIO	15:00-15:45 Core Strength & Balance <i>with Anna</i> MOVE STUDIO	17:00-17:45 The Killer Spin <i>with Anna</i> MOVE STUDIO	18:30-19:15 Strength & Conditioning <i>with Rob</i> MOVE STUDIO	19:30-20:15 Flow & Stretch <i>with Rob</i> MOVE STUDIO
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<b>FRIDAY</b>	06.45-07.30 The Killer Workout <i>with Kim</i> MOVE STUDIO	09:15-10:00 Spin Beats <i>with Kim</i> MOVE STUDIO	10:15-11:00 Elements Extreme <i>with Duncan</i> ESTATE	10:45-11:30 Mobility & Flexibility <i>with Kelsey</i> MOVE STUDIO	12:00-12:45 Foundational Circuits <i>with Kelsey</i> MOVE STUDIO	15:00-15:45 Core Strength & Balance <i>with Duncan</i> MOVE STUDIO	16:30-17:15 Knockout <i>with Duncan</i> MOVE STUDIO	17:45-18:30 Lift <i>with Duncan</i> GYM
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<b>SATURDAY</b>	08:15-09:00 The Killer Spin <i>with Glen Team</i> MOVE STUDIO	09:30-10:15 Lift <i>with Glen Team</i> MOVE STUDIO	10:45-11:30 Low Impact HIIT <i>with Glen Team</i> MOVE STUDIO	13:00-13:30 Omnia 8 PT <i>with Glen Team</i> GYM	<b>SUNDAY</b>	08:15-09:00 The Knockout <i>with Glen Team</i> MOVE STUDIO	09:30-10:15 Advanced Circuits <i>with Glen Team</i> MOVE STUDIO	10:45-11:30 Move <i>with Glen Team</i> MOVE STUDIO	12:00-12:45 Restore <i>with Glen Team</i> GYM
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Timetable from 10 January to 10 April, 2022

Please note all Classes are subject to change and must be pre-booked.