



# WELLNESS

AT GLENEAGLES

<b>MONDAY</b>	06:45-07:30 Advanced Circuits <i>with Kim</i> MOVE STUDIO	09:30-10:30 The Killer Spin <i>with Ali</i> MOVE STUDIO	10:45-11:30 Aerobics <i>with Kelsey</i> MOVE STUDIO	11:45-12:15 Recover <i>with Kelsey</i> MOVE STUDIO	13:00-13:45 Low Impact HIIT <i>with Caroline</i> MOVE STUDIO	14:00-14:45 Mobility & Flexibility <i>with Caroline</i> MOVE STUDIO	17:00-17:30 Spin Express <i>with Calum</i> MOVE STUDIO	18:15-19:00 Strength & Conditioning <i>with Calum</i> MOVE STUDIO	19:15-20:00 The Killer Workout <i>with Calum</i> MOVE STUDIO
<b>TUESDAY</b>	06:45-07:30 Lift <i>with Calum</i> MOVE STUDIO	08:00-08:30 Spin Express <i>with Calum</i> MOVE STUDIO	09:30-10:15 TRX <i>with Calum</i> MOVE STUDIO	09:30-10:15 Aqua <i>with Kelsey</i> POOL	10:30-11:15 Flow & Stretch <i>with Rob</i> MOVE STUDIO	11:30-12:15 Strength & Conditioning <i>with Rob</i> MOVE STUDIO	17:30-18:00 The Killer Challenge <i>with Ali</i> GYM	18:15-19:00 Lift <i>with Ali</i> MOVE STUDIO	19:15-20:00 Advanced Circuits <i>with Ali</i> MOVE STUDIO
<b>WEDNESDAY</b>	06:45-07:30 Spin Beats <i>with Calum</i> MOVE STUDIO	08:00-08:30 The Killer Challenge <i>with Calum</i> GYM	09:30-10:15 The Knockout <i>with Calum</i> MOVE STUDIO	11:15-12:00 Strength & Conditioning <i>with Rob</i> MOVE STUDIO	12:15-12:45 Restore <i>with Rob</i> MOVE PT	13:00-13:30 Foundational Circuits <i>with Caroline</i> MOVE STUDIO	13:45-14:30 Flow & Stretch <i>with Caroline</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
<b>THURSDAY</b>	06:45-07:30 The Knockout <i>with Ali</i> MOVE STUDIO	09:30-10:15 Lift <i>with Kim</i> MOVE STUDIO	10:45-11:30 Core Strength & Balance <i>with Ali</i> MOVE STUDIO	11:00-11:45 Aqua <i>with Kelsey</i> POOL	12:00-12:45 Mobility & Flexibility <i>with Kim</i> MOVE STUDIO	17:30-18:15 The Killer Workout <i>with Kelsey</i> MOVE STUDIO	18:30-19:15 TRX <i>with Kelsey</i> MOVE STUDIO		
<b>FRIDAY</b>	06:45-07:30 The Killer Spin <i>with Kim</i> MOVE STUDIO	09:30-10:15 Spin Beats <i>with Kim</i> MOVE STUDIO	10:45-11:30 Low Impact HIIT <i>with Kelsey</i> MOVE STUDIO	12:00-12:30 Foundational Circuits <i>with Kelsey</i> MOVE STUDIO	13:00-13:45 Elements 10 <i>with Calum</i> ESTATE	17:30-18:15 The Knockout <i>with Calum</i> MOVE STUDIO	18:30-19:00 Omnia 8 PT <i>with Calum</i> GYM		
<b>SATURDAY</b>	08:00-08:45 Elements Extreme <i>with Glen Team</i> ESTATE	09:30-10:15 Lift <i>with Glen Team</i> MOVE STUDIO	10:45-11:30 Flow & Stretch <i>with Glen Team</i> MOVE STUDIO	<b>SUNDAY</b>	08:00-08:30 Spin Express <i>with Glen Team</i> MOVE STUDIO	09:30-10:15 Move <i>with Glen Team</i> MOVE STUDIO	10:45-11:30 Core Strength & Balance <i>with Glen Team</i> MOVE STUDIO		

Timetable from 12th September to 18th December 2022

Please note all classes are subject to change and must be pre-booked via the MyWellness App.