



WELLNESS

AT GLENEAGLES

MONDAY	06:45-07:30 The Killer Strength <i>with Kim</i> MOVE STUDIO	08:30-09:00 <i>Virtual</i> MOVE STUDIO	09:30-10:15 Advanced Circuits <i>with Ali</i> MOVE STUDIO	10:45-11:30 Aerobics <i>with Caroline</i> MOVE STUDIO	11:45-12:30 Core Strength & Balance <i>with Caroline</i> MOVE STUDIO	13:00-13:45 Foundational Circuits <i>with Kelsey</i> MOVE STUDIO	14:00-14:45 Flow & Stretch <i>with Kelsey</i> MOVE STUDIO	16:30-17:00 <i>Virtual</i> MOVE STUDIO	17:30-18:15 Mobility & Flexibility <i>with Calum</i> MOVE STUDIO	18:30-19:15 Strength & Conditioning <i>with Calum</i> MOVE STUDIO
TUESDAY	06:45-07:30 The Killer Workout <i>with Calum</i> ESTATE	08:15-09:00 TRX <i>with Calum</i> ESTATE	09:30-10:15 Spin Beats <i>with Calum</i> MOVE STUDIO	09:30-10:15 Aqua <i>with Kelsey</i> POOL	10:45-11:30 Low Impact HIIT <i>with Caroline</i> MOVE STUDIO	11:45-12:30 Flow & Stretch <i>with Caroline</i> MOVE STUDIO	13:00-13:30 <i>Virtual</i> MOVE STUDIO	17:30-18:15 Core Strength & Balance <i>with Ali</i> MOVE STUDIO	18:30-19:15 Lift <i>with Ali</i> MOVE STUDIO	19:30-20:30 <i>Virtual</i> MOVE STUDIO
WEDNESDAY	06:45-07:30 Spin Beats <i>with Calum</i> MOVE STUDIO	08:15-09:00 Elements 10 <i>with Calum</i> ESTATE	09:30-10:15 Lift <i>with Calum</i> MOVE STUDIO	10:45-11:30 The Killer Workout <i>with Darren</i> ESTATE	11:45-12:15 Recover <i>with Darren</i> MOVE STUDIO	13:00-13:30 <i>Virtual</i> MOVE STUDIO	16:30-17:00 <i>Virtual</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	19:30-20:00 Restore <i>with Kim</i> MOVE PT
THURSDAY	06:45-07:30 Core Strength & Balance <i>with Ali</i> MOVE STUDIO	08:15-08:45 Spin Express <i>with Kyle</i> MOVE STUDIO	09:30-10:15 TRX <i>with Kim</i> ESTATE	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 Move on the Move <i>with Kim</i> ESTATE	13:00-13:30 <i>Virtual</i> MOVE STUDIO	16:30-17:00 <i>Virtual</i> MOVE STUDIO	17:30-18:15 TRX <i>with Kelsey</i> ESTATE	18:30-19:15 The Killer Workout <i>with Kelsey</i> ESTATE
FRIDAY	06:45-07:30 The Knockout <i>with Kim</i> MOVE STUDIO	08:15-08:45 Omnia 8 PT <i>with Kelsey</i> Gym	09:30-10:15 The Killer Strength <i>with Kim</i> MOVE STUDIO	10:45-11:30 Move <i>with Kelsey</i> ESTATE	12:00-12:45 TRX <i>with Kelsey</i> ESTATE	13:00-13:45 Stroll & Stretch <i>with Calum</i> ESTATE	16:30-17:00 <i>Virtual</i> MOVE STUDIO	17:30-18:15 Low Impact HIIT <i>with Calum</i> ESTATE	18:30-19:00 Recover <i>with Calum</i> MOVE STUDIO	19:30-20:30 <i>Virtual</i> MOVE STUDIO
SATURDAY	08:00-08:45 Elements Extreme <i>with Glen Team</i> ESTATE	09:30-10:15 The Killer Workout <i>with Glen Team</i> ESTATE	10:45-11:30 Flow & Stretch <i>with Glen Team</i> ESTATE	13:00-13:30 <i>Virtual</i> MOVE STUDIO						
						SUNDAY	08:00-09:00 Morning Walk <i>with Glen Team</i> ESTATE	09:30-10:15 The Killer Spin <i>with Glen Team</i> MOVE STUDIO	10:45-11:30 Mobility & Flexibility <i>with Glen Team</i> MOVE STUDIO	13:00-13:30 <i>Virtual</i> MOVE STUDIO

Timetable from 29th May to 13th August 2023

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