



WELLNESS

AT GLENEAGLES

MONDAY	06:45-07:30 Killer Spin <i>with Kim</i> MOVE STUDIO	08:00-08:30 <i>Virtual</i>	09:30-10:15 Killer Skip <i>with Ali</i> MOVE STUDIO	10:45-11:30 Dance <i>with Caroline</i> MOVE STUDIO	11:45-12:30 Core Strength & Balance <i>with Caroline</i> MOVE STUDIO	13:00-13:30 Omnia 8 PT <i>with Kelsey</i> GYM	13:45-14:30 Foundational Circuits <i>with Kelsey</i> MOVE STUDIO	16:30-17:00 <i>Virtual</i>	17:30-18:15 Killer Workout <i>with Calum</i> MOVE STUDIO	18:30-19:15 Advanced Circuits <i>with Calum</i> MOVE STUDIO	19:30-20:00 Recover <i>with Calum</i> MOVE STUDIO
TUESDAY	06:45-07:30 Killer Strength <i>with Calum</i> MOVE STUDIO	08:00-08:30 Killer Challenge <i>with Calum</i> GYM	09:30-10:15 Strength & Conditioning <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>	17:30-18:15 Core Strength & Balance <i>with Ali</i> MOVE STUDIO	18:30-19:15 Strength & Conditioning <i>with Ali</i> MOVE STUDIO	19:30-20:30 <i>Virtual</i>	
WEDNESDAY	06:45-07:30 Knockout <i>with Calum</i> MOVE STUDIO	08:00-08:30 TRX <i>with Calum</i> MOVE STUDIO	09:30-10:15 Advanced Circuits <i>with Calum</i> MOVE STUDIO	10:45-11:30 Killer Strength <i>with Darren</i> MOVE STUDIO	11:45-12:15 Recover <i>with Darren</i> MOVE STUDIO	13:00-13:30 <i>Virtual</i>	16:30-17:00 <i>Virtual</i>	17:30-18:15 Aerobics <i>with Kim</i> MOVE STUDIO	18:30-19:15 Spin to Yin <i>with Kim</i> MOVE STUDIO	19:30-20:30 <i>Virtual</i>	
THURSDAY	06:45-07:30 Advanced Circuits <i>with Ali</i> MOVE STUDIO	08:00-08:30 Spin Express <i>with Kyle</i> MOVE STUDIO	09:30-10:15 Killer Spin <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	13:00-13:30 <i>Virtual</i>	16:30-17:00 <i>Virtual</i>	17:30-18:15 Killer Spin <i>with Kelsey</i> MOVE STUDIO	18:30-19:15 TRX <i>with Kelsey</i> MOVE STUDIO	
FRIDAY	06:45-07:30 Strength & Conditioning <i>with Kim</i> MOVE STUDIO	08:00-08:30 Omnia 8 PT <i>with Kelsey</i> GYM	09:30-10:15 Spin <i>with Kim</i> MOVE STUDIO	10:45-11:30 TRX <i>with Kelsey</i> MOVE STUDIO	12:00-12:45 Foundational Circuits <i>with Kelsey</i> MOVE STUDIO	13:00-13:30 Killer Challenge <i>with Calum</i> GYM	16:30-17:00 <i>Virtual</i>	17:30-18:15 Lift <i>with Calum</i> MOVE STUDIO	18:30-19:15 Knockout <i>with Calum</i> MOVE STUDIO	19:30-20:30 <i>Virtual</i>	
SATURDAY	08:00-08:45 Elements Extreme <i>with Glen Team</i> ESTATE	09:00-09:45 TRX <i>with Glen Team</i> MOVE STUDIO	10:00-10:45 Flow & Stretch <i>with Glen Team</i> MOVE STUDIO	13:00-13:30 <i>Virtual</i>							
SUNDAY		08:00-08:45 Spin <i>with Glen Team</i> MOVE STUDIO	09:00-09:45 Lift <i>with Glen Team</i> MOVE STUDIO	10:00-10:45 Move <i>with Glen Team</i> MOVE STUDIO						13:00-13:30 <i>Virtual</i>	

Timetable from 4th September to 21st December 2023

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