



WELLNESS

AT GLENEAGLES

MONDAY	06:45-07:30 Killer Srenghth <i>with Kim</i> MOVE STUDIO	08:30-09:00 SkipFit <i>with Deio</i> MOVE STUDIO	09:30-10:15 Strike <i>with Deio</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	13:00-13:45 Mobility & Flexibility <i>with Kelsey</i> MOVE STUDIO	14:00-14:45 Omnia HIIT <i>with Kelsey</i> GYM	17:30-18:15 TRX <i>with Calum</i> MOVE STUDIO	18:30-19:15 Strength & Conditioning <i>with Calum</i> MOVE STUDIO	19:30-20:15 Spin <i>with Calum</i> MOVE STUDIO
TUESDAY	06:45-07:30 Killer Spin <i>with Calum</i> MOVE STUDIO	08:30-09:00 TRX <i>with Calum</i> MOVE STUDIO	09:30-10:15 Lift <i>with Calum</i> MOVE STUDIO	09:30-10:15 Aqua <i>with Kelsey</i> POOL	10:45-11:30 Core Strength & Balance <i>with Caroline</i> MOVE STUDIO	11:45-12:30 Flow & Stretch <i>with Caroline</i> MOVE STUDIO	13:00-13:45 Foundational Circuits <i>with Caroline</i> MOVE STUDIO	17:30-18:15 Knockout <i>with Deio</i> MOVE STUDIO	18:30-19:15 Advanced Circuits <i>with Deio</i> MOVE STUDIO	19:30-20:15 Killer Workout <i>with Deio</i> MOVE STUDIO
WEDNESDAY	06:45-07:30 Advanced Circuits <i>with Calum</i> MOVE STUDIO	08:30-09:00 Killer Kettlebell <i>with Calum</i> MOVE STUDIO	09:30-10:15 Knockout <i>with Calum</i> MOVE STUDIO	10:45-11:30 Lift <i>with Darren</i> MOVE STUDIO	11:45-12:30 Mobility & Flexibility <i>with Darren</i> MOVE STUDIO	13:00-13:45 Low Impact HIIT <i>with Deio</i> MOVE STUDIO	14:00-14:45 Flow & Stretch <i>with Deio</i> MOVE STUDIO	17:30-18:15 Aerobics <i>with Kim</i> MOVE STUDIO	18:30-19:15 Killer Spin <i>with Kim</i> MOVE STUDIO	19:30-20:15 Strike <i>with Deio</i> MOVE STUDIO
THURSDAY	06:45-07:30 Strength & Conditioning <i>with Deio</i> MOVE STUDIO	08:30-09:00 Spin Express <i>with Kyle</i> MOVE STUDIO	09:30-10:15 Killer Skip <i>with Deio</i> MOVE STUDIO	10:45-11:30 Killer Workout <i>with Kyle</i> MOVE STUDIO	11:00-11:45 Aqua <i>with Kelsey</i> POOL	12:00-12:45 Move <i>with Kim</i> MOVE STUDIO	13:00-13:45 Core Strength & Balance <i>with Deio</i> MOVE STUDIO	14:00-14:45 Killer Challenge <i>with Kim</i> GYM	17:30-18:15 Killer Strength <i>with Kelsey</i> MOVE STUDIO	18:30-19:15 TRX <i>with Kelsey</i> MOVE STUDIO
FRIDAY	06:45-07:30 Knockout <i>with Kim</i> MOVE STUDIO	08:30-09:00 Omnia Strength <i>with Kelsey</i> GYM	09:30-10:15 Advanced Circuits <i>with Kim</i> MOVE STUDIO	10:45-11:30 Low Impact HIIT <i>with Kelsey</i> MOVE STUDIO	12:00-12:45 TRX <i>with Kelsey</i> MOVE STUDIO	13:00-13:45 Recover <i>with Calum</i> MOVE STUDIO	17:30-18:15 Lift <i>with Calum</i> MOVE STUDIO	18:30-19:15 Killer Workout <i>with Calum</i> MOVE STUDIO		
SATURDAY	08:00-08:45 Advanced Circuits <i>with Glen Team</i> MOVE STUDIO	09:30-10:15 Killer Spin <i>with Glen Team</i> MOVE STUDIO	10:45-11:30 Flow & Stretch <i>with Glen Team</i> MOVE STUDIO	13:00-13:45 Core Strength & Balance <i>with Glen Team</i> MOVE STUDIO	14:00-14:30 Restore <i>with Glen Team</i> MOVE PT	16:00-16:45 Omnia HIIT <i>with Glen Team</i> GYM				
SUNDAY	08:00-08:45 Spin to Yin <i>with Glen Team</i> MOVE STUDIO	09:30-10:15 Strength & Conditioniing <i>with Glen Team</i> MOVE STUDIO	10:45-11:15 Mobility & Flexibility <i>with Glen Team</i> MOVE STUDIO	13:00-13:45 Move <i>with Glen Team</i> MOVE STUDIO	14:00-14:45 Recover <i>with Glen Team</i> MOVE STUDIO	16:00-16:45 Killer Challenge <i>with Glen Team</i> GYM				

Timetable from 8th January to 19th May 2024

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