



# WELLNESS

AT GLENEAGLES

MONDAY	06:45-07:30 Killer Spin <i>with Kim</i> MOVE STUDIO	08:30-09:00 Killer Workout <i>with Deio</i> ESTATE	09:30-10:15 Knockout <i>with Deio</i> MOVE STUDIO	10:45-11:30 Dance <i>with Caroline</i> MOVE STUDIO	13:00-13:45 Core Strength & Balance <i>with Suna</i> MOVE STUDIO	14:00-14:45 Flow & Stretch <i>with Suna</i> MOVE STUDIO	17:30-18:15 Killer Strength <i>with Calum</i> MOVE STUDIO	18:30-19:15 Advanced Circuits <i>with Calum</i> MOVE STUDIO	
TUESDAY	06:45-07:30 Strength & Conditioning <i>with Calum</i> MOVE STUDIO	08:30-09:00 Killer Kettlebell <i>with Calum</i> MOVE STUDIO	09:30-10:15 Killer Workout <i>with Calum</i> ESTATE	09:30-10:15 Aqua <i>with Helen</i> POOL	10:45-11:30 Core Strength & Balance <i>with Helen</i> MOVE STUDIO	11:45-12:30 Mobility & Flexibility <i>with Helen</i> MOVE STUDIO	13:00-13:45 Low Impact HIIT <i>with Deio</i> ESTATE	17:30-18:00 Spin Express <i>with Deio</i> MOVE STUDIO	18:30-19:30 Cross-X <i>with Deio</i> MOVE STUDIO
WEDNESDAY	06:45-07:30 Knockout <i>with Calum</i> MOVE STUDIO	08:30-09:00 Spin Express <i>with Calum</i> MOVE STUDIO	09:30-10:15 Elements Extreme <i>with Calum</i> ESTATE	09:30-10:15 Lift <i>with Darren</i> MOVE STUDIO	10:45-11:30 Low Impact HIIT <i>with Darren</i> ESTATE	13:00-13:45 Omnia Strength <i>with Deio</i> GYM	14:00-14:45 Mobility & Flexibility <i>with Deio</i> ESTATE	17:30-18:15 Aerobics <i>with Kim</i> MOVE STUDIO	18:30-19:15 Spin to Yin <i>with Kim</i> MOVE STUDIO
THURSDAY	06:45-07:30 Cross-X <i>with Calum &amp; Deio</i> MOVE STUDIO	08:30-09:00 Killer Challenge <i>with Deio</i> GYM	09:30-10:15 TRX <i>with Kim</i> ESTATE	10:45-11:30 Flow & Stretch <i>with Calum</i> ESTATE	11:00-11:45 Aqua <i>with Kelsey</i> POOL	12:00-12:45 Move on the Move <i>with Kim</i> ESTATE	13:00-13:45 Elements 10 <i>with Calum</i> ESTATE	17:30-18:15 TRX <i>with Kelsey</i> ESTATE	18:30-19:15 Omnia Strength <i>with Kelsey</i> GYM
FRIDAY	06:45-07:30 Lift <i>with Kim</i> MOVE STUDIO	08:30-09:00 TRX <i>with Kelsey</i> ESTATE	09:30-10:15 Spin <i>with Kim</i> MOVE STUDIO	10:45-11:30 Killer Strength <i>with Kelsey</i> MOVE STUDIO	12:00-12:45 Foundational Circuits <i>with Kelsey</i> MOVE STUDIO	17:30-18:15 Strength & Conditioning <i>with Kyle</i> MOVE STUDIO			
SATURDAY	08:00-08:45 Elements Extreme <i>with Glen Team</i> ESTATE	09:30-10:15 Killer Strength <i>with Glen Team</i> MOVE STUDIO	10:45-11:30 TRX <i>with Glen Team</i> ESTATE	11:45-12:30 Flow & Stretch <i>with Glen Team</i> ESTATE					
SUNDAY	08:00-08:45 Killer Spin <i>with Glen Team</i> MOVE STUDIO	09:30-10:15 Move <i>with Glen Team</i> ESTATE	10:45-11:30 Mobility & Flexibility <i>with Glen Team</i> ESTATE	13:00-13:45 Recover <i>with Glen Team</i> ESTATE					

Timetable from 20th May to 25th August 2024

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