



WELLNESS

AT GLENEAGLES

Festive Fitness Timetable

Monday 23rd December

07:00-07:45 Cross-X
08:00-08:45 Spin
09:00-09:45 Mobility & Flexibility
17:00-17:45 Core Strength & Balance
18:00-18:45 Killer Strength

Tuesday 24th December

08:00-08:45 Advanced Circuits
09:00-09:45 TRX
10:30-11:15 Flow & Stretch

Wednesday 25th December

09:30-10:00 Spin Express
10:15-11:00 Lift

Thursday 26th December

09:30-10:15 Strength & Conditioning
10:30-11:15 Knockout
11:30-12:15 Aqua

Friday 27th December

07:00-07:45 Spin
08:00-08:45 Omnia 8
09:00-09:45 Killer Workout
17:00-17:45 Aerobics
18:00-18:45 Recover

Saturday 28th December

08:30-09:15 Spin
09:30-10:15 Omnia 8
10:45-11:30 Killer Workout

Sunday 29th December

08:30-09:15 Lift
09:30-10:15 Killer Spin
10:45-11:30 Foundational Circuits

Monday 30th December

07:00-07:45 Cross-X
08:00-08:45 Spin
09:00-09:45 Mobility & Flexibility
17:00-17:45 Core Strength & Balance
18:00-18:45 Killer Strength

Tuesday 31st December

08:00-08:45 Advanced Circuits
09:00-09:45 TRX
13:00-13:45 Flow & Stretch
17:00-17:45 Knockout

Wednesday 1st January

10:30-11:15 Lift
16:30-17:15 Core Strength & Balance
17:30-18:15 Advanced Circuits
18:30-19:00 Spin Express

Opening Times

Monday – Friday 06:30-22:00
Saturday – Sunday 07:00-22:00



Festive Opening Times

Tuesday 24th December 06:30-18:30
Wednesday 25th December 08:00-20:00
Thursday 26th December 08:00-20:00
Tuesday 31st December 07:00-18:30
Wednesday 1st January 09:00-22:00