



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

Thursday 2nd January

06:45-07:30 Cross-X
 08:30-09:00 Killer Spin
 09:00-09:45 Strength & Conditioning
 10:45-11:30 Mobility & Flexibility
 11:00-11:45 AQUA
 12:00-12:45 Foundational Circuits
 17:30-18:15 Killer Strength
 18:30-19:00 TRX

Friday 3rd January

06:45-07:30 Strength & Conditioning
 08:30-09:00 OMNIA HIIT
 09:30-10:15 Spin
 10:45-11:30 Powerlift
 11:00-11:45 Move
 17:30-18:15 Lift
 18:30-19:00 Recover

Saturday 4th January

08:00-08:45 Killer Spin
 09:30-10:15 Knockout
 10:45-11:30 Flow & Stretch

Sunday 5th January

08:00-08:45 Spin to Yin
 09:30-10:15 Lift
 10:45-11:30 Mobility & Flexibility

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