



WELLNESS

AT GLENEAGLES

MONDAY	06:45-07:30 Cross X MOVE STUDIO	07:00 - 07:45 Ride PT STUDIO	08:00 - 08:45 Metaskip MOVE STUDIO	09:00 - 09:45 Sculpt PT STUDIO	09:30 - 10:15 Metalift MOVE STUDIO	10:30 - 11:15 Dance MOVE STUDIO	13:00 - 13:45 Mobility MOVE STUDIO	16:30 - 17:15 Move MOVE STUDIO	17:00 - 17:45 Metaburn PT STUDIO	17:30 - 18:15 Aerobics MOVE STUDIO	18:30 - 19:15 Strength & Conditioning MOVE STUDIO	
TUESDAY	06:45 - 07:30 Metalift MOVE STUDIO	08:00 - 08:30 RIDELight PT STUDIO	08:00 - 08:45 TRX MOVE STUDIO	09:00 - 09:45 Core PT STUDIO	09:30 - 10:15 Advanced Circuits MOVE STUDIO	10:30 - 11:15 Omnia THE GYM	10:30 - 11:15 Aqua THE POOL	13:00 - 13:45 Flow MOVE STUDIO	16:30 - 17:15 Lift MOVE STUDIO	17:30 - 18:15 Metaburn MOVE STUDIO	17:45 - 18:30 Sculpt PT STUDIO	18:30 - 19:15 Strike MOVE STUDIO
WEDNESDAY	06:45 - 07:30 Strength & Conditioning MOVE STUDIO	08:00 - 08:45 Treadcon THE GYM	08:15 - 09:00 Ride PT STUDIO	09:15 - 10:00 Lift MOVE STUDIO	09:30 - 10:15 Metaburn MOVE STUDIO	10:30 - 11:15 Low Impact HIIT MOVE STUDIO	13:00 - 13:45 Move MOVE STUDIO	16:30 - 17:15 Mobility MOVE STUDIO	17:15-18:00 Sculpt PT STUDIO	17:30 - 18:15 TRX MOVE STUDIO	18:15 - 19:00 RIDEReset PT STUDIO	18:30 - 19:15 Advanced Circuits MOVE STUDIO
THURSDAY	06:45 - 07:30 Lift MOVE STUDIO	07:00 - 07:45 Omnia THE GYM	08:00 - 08:45 Low Impact HIIT MOVE STUDIO	09:30 - 10:15 TRX MOVE STUDIO	10:15 - 11:00 Sculpt PT STUDIO	10:30 - 11:15 Flow MOVE STUDIO	11:00-11:45 Aqua THE POOL	13:00 - 13:45 Mobility MOVE STUDIO	16:30 - 17:15 Gravity MOVE STUDIO	17:30 - 18:15 Cross X MOVE STUDIO	17:45 - 18:30 Core PT STUDIO	18:30 - 19:15 Treadcon THE GYM
FRIDAY	06:45 - 07:30 Advanced Circuits MOVE STUDIO	07:00 - 07:45 Sculpt PT STUDIO	09:30 - 10:15 Treadcon THE GYM	09:30 - 10:15 Strike MOVE STUDIO	10:30 - 11:15 TRX MOVE STUDIO	13:00 - 13:45 Core MOVE STUDIO	14:00 - 14:45 FLOW PT STUDIO	16:30 - 17:15 Metalift MOVE STUDIO	17:15 - 18:00 RIDEReset PT STUDIO	17:30 - 18:15 Omnia THE GYM	18:15 - 19:00 Metaburn PT STUDIO	18:30 - 19:00 Rebalance MOVE STUDIO
SATURDAY	08:30 - 09:15 Ride PT STUDIO	09:30 - 10:15 Low Impact HIIT MOVE STUDIO	10:45 - 11:15 Mobility MOVE STUDIO									
SUNDAY	08:30 - 09:15 Sculpt PT STUDIO	09:30 - 10:15 Lift MOVE STUDIO	10:45 - 11:15 Rebalance MOVE STUDIO									

Timetable from 6th January to 4th May 2025

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