



WELLNESS

AT GLENEAGLES

MONDAY	06:45-07:30 HIIT MOVE STUDIO	08:00-08:45 Sculpt MOVE STUDIO	09:30 – 10:15 Advanced Circuits MOVE STUDIO	10:30 – 11:15 Dance MOVE STUDIO	11:30 – 12:30 Yin Yang Yoga MOVE STUDIO	13:00 – 13:45 Low-Impact HIIT MOVE STUDIO	16:30 – 17:15 Move MOVE STUDIO	17:30 – 18:15 HIIT Circuits MOVE STUDIO	18:30 – 19:15 Strength & Conditioning MOVE STUDIO	19:30 – 20:30 Restorative Yoga MOVE STUDIO
	07:00 – 07:50 Reformer Pilates* PT STUDIO	08:00 – 08:50 Reformer Pilates* PT STUDIO	09:00 – 09:50 Reformer Pilates* PT STUDIO	10:00 – 10:50 Reformer Pilates * PT STUDIO	17:00 – 17:50 Reformer Pilates * PT STUDIO	18:00 – 18:50 Reformer Pilates* PT STUDIO				
TUESDAY	06:45 – 07:30 Lift MOVE STUDIO	07:45 – 08:30 HIIT MOVE STUDIO	09:30 – 10:15 MetaLift MOVE STUDIO	10:30 – 11:15 Core MOVE STUDIO	10:30 – 11:15 Aqua POOL	11:30 – 12:15 Mobility MOVE STUDIO	13:30 – 14:15 Pilates Lite MOVE STUDIO	17:30 – 18:15 Hot Sculpt MOVE STUDIO	18:30 – 19:15 MetaBurn MOVE STUDIO	
	09:00 – 09:50 Reformer Pilates* PT STUDIO	10:00 – 10:50 Reformer Pilates* PT STUDIO	11:00 – 11:50 Reformer Pilates* PT STUDIO	12:00 – 12:50 Reformer Pilates* PT STUDIO	13:30 – 14:20 Reformer Pilates* PT STUDIO	14:30 – 15:20 Reformer Pilates* PT STUDIO	15:30 – 16:20 Reformer Pilates* PT STUDIO			
WEDNESDAY	06:45 – 07:30 MetaBurn MOVE STUDIO	08:00 – 08:45 TRX MOVE STUDIO	09:30 – 10:15 Lift MOVE STUDIO	10:30 – 11:15 Pilates MOVE STUDIO	11:30 – 12:15 Advanced Circuits MOVE STUDIO	12:30 – 13:15 Flow MOVE STUDIO	16:30 – 17:15 Sculpt MOVE STUDIO	17:30 – 18:15 Aerobics MOVE STUDIO	18:30 – 19:15 RideReset MOVE STUDIO	20:00 – 21:00 Vinyasa Flow MOVE STUDIO
	07:00 – 07:50 Reformer Pilates* PT STUDIO	08:00 – 08:50 Reformer Pilates* PT STUDIO	09:00 – 09:50 Reformer Pilates* PT STUDIO	10:00 – 10:50 Reformer Pilates* PT STUDIO						
THURSDAY	06:45 – 07:30 Cross-X MOVE STUDIO	08:30 – 09:00 Omnia GYM	09:30 – 10:15 Strength & Conditioning MOVE STUDIO	10:30 – 11:15 Aqua POOL	10:30 – 11:15 Ride & Core MOVE STUDIO	11:30 – 12:30 Mobility Yoga MOVE STUDIO	13:00 – 14:00 Pilates Lite MOVE STUDIO	17:30 18:15 Lift MOVE STUDIO	18:30 – 19:15 HIIT MOVE STUDIO	
	07:00 – 07:50 Reformer Pilates* PT STUDIO	08:00 – 08:50 Reformer Pilates* PT STUDIO	09:00 – 09:50 Reformer Pilates* PT STUDIO	10:00 – 10:50 Reformer Pilates* PT STUDIO	12:00– 12:50 Reformer Pilates* PT STUDIO	13:00– 13:50 Reformer Pilates* PT STUDIO	16:00– 16:50 Reformer Pilates* PT STUDIO	17:00– 17:50 Reformer Pilates* PT STUDIO		
FRIDAY	06:45 – 07:30 Sculpt MOVE STUDIO	07:45 – 08:30 Kettlebell MOVE STUDIO	08:45 – 09:15 Treadcon GYM	09:30 – 10:15 Lift MOVE STUDIO	10:30 – 11:30 Pilates MOVE STUDIO	12:00 – 12:45 MetaRide MOVE STUDIO	13:00 – 13:45 Rebalance MOVE STUDIO	17:30 – 18:15 Strength & Conditioning MOVE STUDIO	18:30 – 19:15 MetaBurn MOVE STUDIO	
SATURDAY	08:30 – 09:15 Lift MOVE STUDIO	09:30 – 10:15 Sculpt MOVE STUDIO	10:30 – 11:15 Mobility MOVE STUDIO			SUNDAY	08:30 – 09:15 MetaRide MOVE STUDIO	09:30 – 10:15 Strength & Conditioning MOVE STUDIO	10:30 – 11:15 Rebalance MOVE STUDIO	
	08:00 – 08:50 Reformer Pilates* PT STUDIO	09:00 – 09:50 Reformer Pilates* PT STUDIO	10:00 – 10:50 Reformer Pilates* PT STUDIO	11:00 – 11:50 Reformer Pilates* PT STUDIO						

Timetable from 7th September until 20th December.

Please note all classes are subject to change.. *Reformer Pilates classes are available at an additional charge.