MONDAY

INDOOR CYCLE
7:00AM-7:30AM

CYCLE CIRCUITS
9:00AM-9:45AM

EXPRESS BODYPUMP
10.00AM-10.30AM

AQUA
11:15AM-11:45AM

PILATES - Donna
2:00PM-3:00PM

KENWICK BARBELL
6:00PM-6:30PM

CYCLE CIRCUITS
7:00PM-7:45PM

TUESDAY

AQUA JOG
7:00AM-7:30AM

KENWICK RUN CLUB
9:00AM-9:45AM

FASCIA
10:00AM-10:30AM

YOGA - Angie
10:30AM-12:00PM

AQUA - Angie
12:15PM-1:00PM

LES MILLS - BODYPUMP
1:00PM-1:45PM

VIRTUAL INDOOR CYCLE
6:00PM-6:45PM

BODYPUMP
7:00PM-8:00PM

WEDNESDAY

CYCLE CIRCUITS
7:00AM-7:30AM

CYCLE CIRCUITS
9:15AM-10:00AM

YOGA FLOW - Angie
2:00PM-3:30PM

VIRTUAL INDOOR CYCLE
6:00PM-6:45PM

ZUMBA TONE - Jacqui
6:00PM-6:45PM

YOGALATES – Jacqui
7:00PM-7:45pm

RIG/GYM CIRCUITS
8:00PM-8:45PM

THURSDAY

HIIT CARDIO
7:00AM-7:30AM

LES MILLS EXPRESS PUMP
10:00AM-10:30AM

AQUA
11:15AM-11.45AM

RESTORATIVE YOGA AND MINDFULNESS - Angie
12:00PM-1:30PM

RIG/GYM CIRCUITS
6:00PM-6:30PM

ZUMBA - Donna
6:00PM-6:50PM

PILATES - Donna
7:00PM-8:00PM

VIRTUAL INDOOR CYCLE
7:00PM-7:45PM

FRIDAY

VIRTUAL INDOOR CYCLE
7:00AM-7:30AM

INDOOR CYCLE
9:00AM-9:45AM

AQUA
11:15AM-11.45AM

PILATES - Donna
1:30PM-2:30PM

VIRTUAL INDOOR CYCLE
5:00PM-5:45PM

EXPRESS PUMP/CONDITIONING
6:00PM-6:45PM

SATURDAY

VIRTUAL INDOOR CYCLE
9:00AM-9:45AM

CORE CONDITIONING
10:00AM-10:20AM

BODY CONDITIONING - Donna
9:30AM-10:30AM

PILATES - Donna
10:45AM-11:45AM

SUNDAY

VIRTUAL INDOOR CYCLE
9:00AM-9:30AM

GYM CIRCUITS / CONDITIONING
9:45AM-10:30AM

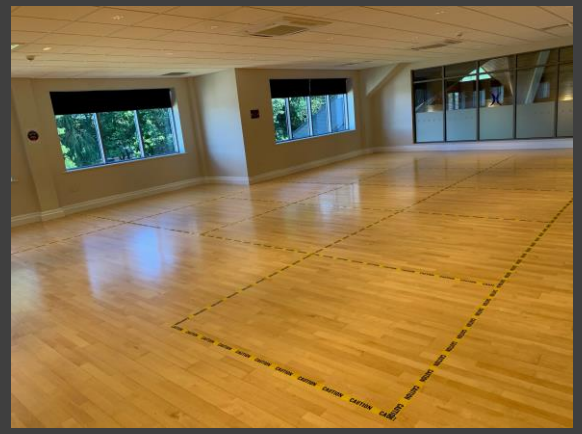
= STUDIO 1

= STUDIO 2

= POOL BASED CLASS

= GYM BASED CLASS

TECHNOGYM
KEISER
The Wellness Company
CLUB SPA KENWICK
LesMills BODYPUMP
SPiVi
Jordan
Functional Fitness Specialists



CLUBSPA AT KENWICK CLASS TIMETABLE. STARTING ON MAY 17TH 2021.

- All classes can only be booked 7 days in advance, from 7am. (If classes are booked before this time/date, ClubSpa Kenwick reserves the right to deny the booking and potential further booking from that person).
- Classes can be booked in person at our leisure reception.
- Over the phone by calling 01507 601852
- Or online by visiting www.Kenwick-park.co.uk/book-classes
- Guests can be booked into classes on the day of that class.
- Some specialised classes are inclusive to certain instructors, so we cannot guarantee that the same class will be running if they are on holiday, we will however try our best to deliver a similar class.
- If you have any questions about a class, or cannot decide which you feel would suit you best, then please feel free to ask one of our helpful team, who will gladly help you to decide.

- Cleaning Down Equipment After a Class:
- **Bars & Weights** – Please strip the bar after use, and place to the side of the studio ready for the instructor to clean down.
- **Mats & Steps** – Please move these to the side of studio neatly, for the team to clean down after use.
- **Spinning Bikes** – Ensure you have taken all belongings off the bike ready for cleaning
- **In some cases, we may provide you with blue-roll and spray equipment for you, so where possible we ask that you please assist the team with cleaning, thank you ☺**