



**Bookings open 7 days in advance at 7.15am. Book online or contact Reception on 01224 734747.**

**1 Kids Classes**

**1 Studio 1**

**2 Studio 2 (Yoga)**

**3 Studio 3 (Pilates)**

**P Pool**

**G Gym**

**T/C Tennis Courts**

**Monday to Thursday on reverse side**

**FRIDAY**

**SATURDAY**

**SUNDAY**

06.30	06.30-07.00 Fat Burn Extreme Michelle <b>1</b>						
06.45							
08.00		08.00-08.50 RPM™ Michelle <b>1</b>					
08.15							
08.30	08.30-09.20 RPM™ Lorraine <b>1</b>						
08.45							
09.00		09.00-09.30 Body Pump Exp Michelle <b>1</b>	09.00-10.15 Mens Yoga Karina <b>2</b>	09.00-10.30 Learn To Swim (BB) Last class 21st March <b>P</b>			
09.15					09.00-10.00 Hatha Yoga Elaine <b>2</b>		
09.30	09.30-10.15 Body Conditioning Wendy <b>1</b>	09.30-10.30 Vinyassa Yoga Lisa <b>2</b>	09.30-10.00 CXWORX™ Sharon <b>3</b>				
09.45							
10.00					10.00-10.45 Body Combat™ Amanda K <b>1</b>	10.00-11.00 Functional Pilates Maureen <b>3</b>	
10.15							
10.30							
10.45					10.15-11.00 Body Attack™ Natalie <b>1</b>	10.25-11.10 Hip Hop (BB) <b>3</b>	
11.00						10.40-12.10 Hatha Yoga Karina <b>2</b>	11.05-12.00 Cheerleading (BB) <b>3</b>
11.15							
11.30	11.10-12.10 Nia™ Louise <b>1</b>	11.10-12.10 Body Balance™ Amanda J <b>2</b>	11.00-12.00 Intermediate Pilates Marie <b>3</b>				
11.45							
12.00							
12.15							
12.30							
12.45						12.45-13.45 Gym Circuits	
13.00							
13.15							
13.30							
13.45							
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17.45	17.45-18.30 Revolution Darren <b>1</b>	17.45-18.15 Metafit™ Linda <b>3</b>	<b>CLUB INFORMATION</b> Schedules Dates: Monday 6th January - Sunday 5th April 2020  Opening Hours Monday to Thursday 5.30am-10.00pm Friday 5.30am-9.00pm Saturday & Sunday 7.00am-9.00pm  01224 734747 www.kippielodge.co.uk				
18.00		18.20-18.50 CXWORX™ Linda <b>3</b>					
18.15							
18.30							
18.45							
19.00							
19.15							
19.30	18.50-19.50 Power Yoga Vicki/Sally <b>2</b>						
19.45							
20.00						19.00-20.00 Vinyassa Yoga Vicki <b>2</b>	

**POOL TIMETABLE**

	M	T	W	T	F	S	S
5.30am							
7am	Adults Only Session						
8am	Adults Only Session						
9am						Learn To Swim (21/03 Only)	Family Swim (No Lane)
10am	Aqua Circuits (PT Closed)		Aqua Aerobics (PT Closed)		Aqua Circuits (No Lane)		
11am	Aqua Circuits (Lane In)						
12pm	Adults Only Session						
1pm	Adults Only Session						
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm					Aqua Aerobics (Lane In)	Adults Only Session	
9pm							
10pm							