Health & Leisure
HOLLINS HALL
ELITE VENUE SELECTION

STUDIO TIMETABLE

MONDAY

08:00 - 09:30 - YOGA - KIARA
09:30 – 10:15 - BODY STEP - ELYSE
10:15 – 11:00 - ZUMBA - ELYSE
11:00 – 11:45 - AEROBICS - ELYSE
12:30 – 14:00 - YOGA - KIARA
18:00 – 18:45 - SPIN - MICK
18:50 – 19:50 - BODY PUMP - MICK

TUESDAY

08:15 – 09:00 - CIRCUITS - GYM TEAM
9.30 - 10.15 - PILATES - ELYSE
10:20 – 11:00 - BODY TONE - ELYSE
11:00-11:30- STRONG NATION-ELYSE
18:30 – 19:15 - CORE / HIIT- MICK
19:30 – 20:30 - BODY STEP - KIARA

WEDNESDAY

08:00 - 09:00 - BODY BALANCE - KIARA
09:30 – 10:30 - BODY ATTACK - ELYSE
10:30 - 11:15 - STRONG PILATES - ELYSE
11:15 – 12:00 - HIIT - ELYSE
12:30 - 14:00 - YOGA - KIARA
12:30 – 13:15 - AQUA AEROBICS - LOUISE

THURSDAY

07:00 – 07:45 - CIRCUITS - GYM TEAM
10:00 - 10:45 - ZUMBA - ANNABELLE
11:00 – 11:45 - BODY PUMP - MICK
12:00 – 13:00 - PILATES -MICK
17:30 – 19:00 - YOGA - KIARA
19:00 – 19:45 - BODY BLAST - KIARA

FRIDAY

9:00 – 9:30 - METAFIT - MARVIN
9:30-10:15 - PILATES - MARVIN
10:15 – 11:00 - PILATES - MARVIN
11:00 – 11:45 - DANCEFIT - KIARA
12:30 – 13:15 - AQUA AEROBICS - LOUISE
18:30 – 19:30 - BODY STEP - ELYSE

SATURDAY

08:30 – 09:15 - SPIN - MICK
09:30 – 10:30 - BODY PUMP - MICK

SUNDAY

17:00– 17:45 - STEP AEROBICS - ANNABELLE

TO BOOK CLASSES PLEASE CALL LEISURE RECEPTION ON 01274 534211 OR SIGN UP AT RECEPTION

Follow us: Hollins Hall | Hollins Hall Leisure | @Hollinshall | @HollinsHallLeisure | @HollinsHallGolfClub