

# Wellness Spa Fitness Timetable

Starting week commencing Monday 14<sup>th</sup> February

Monday 8.00am – 7.00pm	Tuesday 8.00am – 7.00pm	Wednesday 8.00am – 7.00pm	Thursday 8.00am – 7.00pm	Friday 8.00am – 6.00pm	Saturday/Sunday 9.00am – 3.00pm
<b>9:00am – 9:45am</b> <b>Balance and Core</b>	<b>9.00am – 09:45am</b> <b>Studio Circuits</b>	<b>9:15am – 10.00am</b> <b>Dance Fit</b>	<b>9:00am – 9:45am</b> <b>Pilates</b>	<b>9.00am-9.30am</b> <b>Unsupervised Studio Circuits</b>	<b>9:30 – 11:30am</b> <b>Table Tennis (unsupervised)</b>
		<b>10:15am – 10:45am</b> <b>Aqua Level 2</b>			
<b>11:00am – 11:45am</b> <b>Aqua Level 2</b>	<b>11:00am – 11:45am</b> <b>Pilates</b>	<b>11.15am – 12.00pm</b> <b>Beginner Table Tennis</b>	<b>11.00am-12.00pm</b> <b>Kettlebell/Studio Circuits</b>	<b>11.00am-11.30am</b> <b>Unsupervised Studio Circuits</b>	<b>12:30pm – 2:30pm</b> <b>Table Tennis (unsupervised)</b>
<b>2:00pm – 2:30pm</b> <b>Seated Exercise</b>	<b>2:00pm – 2:30pm</b> <b>Seated Exercise</b>  <b>3:30pm – 5:30pm</b> <b>Table Tennis (unsupervised)</b>	<b>2:00pm – 3.00pm</b> <b>Staff Well-being Hour (Starting 30/03/22)</b>	<b>2:00pm – 2:30pm</b> <b>Seated Exercise</b>  <b>3:30pm – 5:30pm</b> <b>Table Tennis (unsupervised)</b>		
<b>3:00pm – 4:00pm</b> <b>Care Floor (One to ones)</b>	<b>3:00pm – 4:00pm</b> <b>Care Floor (One to ones)</b>	<b>3:00pm – 4:00pm</b> <b>Care Floor (One to ones)</b>	<b>3:00pm – 4:00pm</b> <b>Care Floor (One to ones)</b>		
	<b>5:00pm – 5:45pm</b> <b>Aqua Level 3</b>				

## Class levels

**Green/Level 1:** Suitable for any level

**Amber/Level 2:** Intermediate level

**Red/Level 3:** Intermediate – advanced levels

## Care floor

Please call extension number 4575 to arrange a one to one in the apartment.