



Spring Schedule w/c 12th April 2021

HERB HOUSE at Lime Wood
 Beaulieu Rd, Lyndhurst, Hampshire SO437FZ
Telephone 023 8028 6998 **Reservations** 023 8028 6999
Email info@herbhousespa.co.uk
Web www.limewood.co.uk

Monday	7:00am - 7:45am	Combat Fit	Outside	High
	8:15am - 9:00am	HIIT	Outside	High
	9:15am - 10:00am	Met-Con	Outside	High
	10:15am - 11:00am	Advanced Pilates *Starting 19th Apr*	Outside	Medium/High
	11:15am - 12:00pm	Improvers Pilates *Starting 19th Apr*	Outside	Low/Medium
	12:15pm-1:00pm	Revitalising Yoga	Outside	Low
	1:15pm - 2:00pm	Inspirational Yoga	Outside	Low
	2:15pm-3:00pm	Qi Gong	Outside	Low
	4:15pm - 5:00pm	Mobility	Outside	Medium
	5:15pm-6:00pm	HIIT	Outside	High
Tuesday	7:00am - 7:45am	Forest Workout/Run	Outside	High
	9:00am - 9:45am	Revive Yoga	Outside	Medium
	8:15am - 9:00am	HIIT	Outside	High
	10:30am-11:15am	Pilates	Outside	Medium/High
	11:30am - 12:15pm	Improver Pilates	Outside	Low/Medium
	1:00pm - 1:45pm	Bodyweight Conditioning	Outside	High
	4:15pm - 5:00pm	Mobility	Outside	Medium
	5:15pm - 6:00pm	HIIT	Outside	High
Wednesday	7:00am - 7:45am	Met-Con	Outside	High
	8:00am - 8:45am	Kettlebells	Outside	High
	9:00am - 9:45am	Fitness Pilates	Outside	Medium
	12:15pm - 1:00pm	Power Yoga	Outside	Medium/High
	1:00pm - 1:45pm	Combat Fit	Outside	High
	1:15pm - 2:00pm	Yoga Therapy	Outside	Low/Medium
	2:15pm - 3:00pm	Lower Body Workout	Outside	High
	3:15pm - 4:00pm	Bodyweight Circuits	Outside	Medium/High
	4:15pm - 5:00pm	Kettlebells	Outside	High
	5:15pm - 6:00pm	Bodyweight Circuits	Outside	High
Thursday	7:00am - 7:45am	Circuits	Outside	Medium/High
	9:00am - 9:45am	Vinyasa Flow Yoga	Outside	Medium
	9:15am - 10:00am	Kettlebells	Outside	High
	10:15am - 11:00am	Met-Con	Outside	High
	10:45am - 11:30am	Intermediate Pilates	Outside	Medium/High
	11:45am-12:30pm	Pilates	Outside	Low/Medium
	2:45pm - 3:30pm	Mindful Meditation	Outside	Low
	4:15pm - 5:00pm	Forest Workout/Run	Outside	High
	5:15pm - 6:00pm	Bodyweight Circuits	Outside	Medium/High
Friday	7:00am - 7:45am	Forest Workout/Run	Outside	High
	8:15am - 8:45am	HIIT	Outside	High
	9:00am - 9:45am	Revitalising Yoga	Outside	Low
	9:15am - 10:00am	Bodyweight Conditioning	Outside	Medium/High
	10:00am - 10:45am	Inspirational Yoga	Outside	Low
	12:35pm - 1:20pm	Fitness Pilates	Outside	Medium/High
	1:30pm - 2:15pm	Pilates	Outside	Medium
	4:15pm - 5:00pm	Kettlebells	Outside	High
	5:15pm -6:00pm	HIIT	Outside	High
Saturday	9:00am - 9:45am	Morning Yoga	Outside	Low
	9:30am - 10:15am	Outdoor Bootcamp *Starting 24th Apr*	Outside	High
	10:00am - 10:45am	Traditional Yoga	Outside	Low/Medium
	11:00am - 11:45pm	Centred Yoga	Outside	Medium/High
	11:30am - 12:15pm	Forest Workout	Outside	High
	2:30pm - 3:15pm	Mobility	Outside	Medium
	3:30pm - 4:15pm	HIIT	Outside	High
Sunday	9:30am - 10:15am	Bodyweight Conditioning	Outside	Medium/High
	9:30am - 10:15am	Pilates	Outside	Medium
	10:45am - 11:30am	Inspirational Yoga	Outside	Low
	11:15am - 12:00pm	HIIT	Outside	High
	12:00pm - 12:45pm	Revitalising Yoga	Outside	Low
	3:15pm-4:00pm	Core & Lower Body	Outside	Medium/High

Studio, Wellness, Outdoor and Pool Programme

BODYWEIGHT BODY SCULPT - Hardcore total body workout, which uses your bodyweight to help build strength and shred fat.

CIRCUITS - Workout using resistance and cardio exercises targeting the whole body in a circuit format.

CENTRED YOGA- MEMBERS ONLY- Utilises concepts contained within yoga, ancient martial arts, meditation and breath-work coupled with a modern day anatomical approach to help correct postural imbalances and improve the function and integration of the mind and body.

FOREST WORKOUT - Using natural tools of the forest to give you a thorough workout encompassing all the muscles from head to toe.

CORE & LOWER BODY - A combination of exercises designed to challenge the core via stabilisation techniques and muscle activations as well as incorporating the lower body.

FITNESS PILATES- Traditional Pilates moves performed in sequences at a higher intensity to raise your heart rate and add challenge.

HIIT - A form of interval training, alternating short periods of intense anaerobic exercise with less intense recovery periods.

INSPIRATIONAL YOGA - A soothing session of Hatha Yoga, dynamic breathing and transcendental meditation that will fill your soul with positive energy and release you from the bonds of lingering stress.

KETTLE BELLS - The dynamic, sometimes ballistic movements will get your heart rate up, challenge every muscle in your entire body and is different from any other routine.

LOWER BODY WORKOUT - This one is all about the largest muscles in the lower body. Focus on building lean/sculpted muscle mass to increase metabolism, burn extra calories and improve balance and joint stability.

MINDFUL MEDITATION- Mindfulness is a set of meditation techniques that will help you gain awareness from paying attention to your thoughts, breath and body, in the present moment, non-judgmentally, for greater sense of calm and self compassion, emotional resilience and well being."

MET-CON - Fast paced, high intensity workouts that will challenge your cardiovascular capacity, put your metabolism into overdrive and rapidly burn fat.

MORNING YOGA - Applying a gentle range of Asanas in a warm environment, your body will be brought alive in a soothing manner that will fill you with energy for the day. Great for a first experience of Yoga.

MOBILISATION- Mobilise the armies the hippies and the leggies.....Stretching and releasing tight muscles and proper use of rollers and trigger of movement. point balls and other equipment. A Preventative, maintenance and rehab class to return balance to your body and range

OUTDOOR BOOTCAMP - High intensity full body workout out in natural surroundings to get your endorphins pumping!

PILATES - An exercise method designed to elongate and reintroduce your body's postural alignment. Improve balance, coordination and build strong tension-free muscles.

POWER YOGA - A series of strong and advanced Yoga positions, designed to increase strength, balance and flexibility. Not for those new to Yoga or with an injury.

REVITALISING YOGA - Appropriate for all levels of Yoga ability, right up to the most advanced. This class takes you through a flowing series of postures, harnessing the healing power of the mind.

TRADITIONAL YOGA - Based on the 12 most important postures, this class will strengthen your understanding of each asana (suitable for all abilities).

VINYASA FLOW YOGA - This powerful and energetic yoga pushes you to control your body's movement and breathing ability.

YOGA THERAPY - This class will focus on any mobility issues you may wish to address and design a range of asanas that you can apply to remedy the problem.

*All classes will take place outside in the Hotel Grounds or in the forest, weather permitting. This will be at the instructor's discretion, please check with spa reception to confirm location.

Due to size of our classes when we have the same type of class back to back we would ask that you only book in to one of these to allow availability for others.

If you are unable to attend a class please could you inform us as soon as possible to enable others to attend.

We do our utmost to keep to the schedule. However there may be occasions where classes or teachers are subject to change.

If you have any concerns about exercise, please consult a physician before attending.