

Herb House

Winter Timetable Studio, Outdoor and Pool Programme

Monday	7:00am – 7:45am	Spin – Members Only	Studio	High
	9:15am – 10:00am	Met-Con	Studio	High
	10:15am – 11:00am	Powerhoop	Studio	Medium/High
	11:15am – 12:00pm	Aqua Fitness	Pool	Low/Medium
	1:00pm – 1:30pm	HIIT	Studio	High
	1:45pm – 2:45pm	Spin & Core	Studio	High
	4:15pm – 5:00pm	Kettlebells	Studio	High
	3:00pm – 4:00pm	Dance Fit – Members Only	Studio	Medium/High
	5:45pm – 6:30pm	Legs, Bums & Tums	Studio	High
	6:45pm – 7:30pm	Circuits	Studio	High
Tuesday	9:15am – 10:00am	Met-Con	Studio	Medium
	11:15am – 12:00pm	Aqua Box	Pool	High
	12:30pm – 1:15pm	Body Sculpt Tone	Studio	High
	2:00pm – 2:30pm	Spin Sprints	Studio	High
	6:15pm – 6:45pm	Conditioning Kettlebells	Studio	High
	7:00pm – 7:30pm	Mobilisation	Studio	Low
Wednesday	7:00am – 7:45am	Circuits	Studio	High
	9:00am – 9:45am	Powerhoop	Studio	Medium/High
	10:15am – 11:00am	Kettlebells – Members Only	Studio	Medium
	11:15am – 12:00pm	Aqua Fitness	Pool	Medium/High
	11:30am – 12:15pm	Seasoned Strength	Studio	Medium/High
	2:15pm – 3:00pm	Lower Body Workout	Studio	Medium/High
	3:15pm – 4:00pm	Salsacise	Studio	Low/Medium
	5:45pm – 6:30pm	Body Sculpt Burn	Studio	High
	6:45pm – 7:30pm	Spin	Studio	High
Thursday	7:00am – 7:45am	Spin	Studio	High
	9:30am – 10:15am	Kettlebells	Studio	High
	10:30am – 11:30am	Dance Fit – Members Only	Studio	Medium/High
	11:15am – 12:00pm	Aqua Fitness	Pool	Medium/High
	1:00pm – 1:45pm	Combat Fit	Studio	High
	5:15pm – 6:00pm	Lower Body Workout	Studio	Medium
	6:15pm – 7:00pm	Body Sculpt	Studio	Medium/High
Friday	7:00am – 7:45am	Spin	Studio	High
	9:15am – 10:00am	Body Sculpt – Members Only	Studio	High
	11:15am – 12:00pm	Aqua Fitness	Pool	Medium/High
	1:00pm – 1:45pm	Kettlebells	Studio	High
	3:30pm – 4:00pm	Conditioning Kettlebells	Studio	High
	4:15pm – 5:00pm	Legs, Bums & Tums	Studio	High
	5:30pm – 6:15pm	Spin	Studio	High
	6:30pm – 7:00pm	Mobilisation	Studio	Low
Saturday	8.00am – 8.30am	HIIT	Studio	High
	8:45am – 9:45am	Outside Bootcamp	Outside	High
	10:15am – 10:45am	Breathe	Studio	Low
	1:15pm – 2:00pm	Met-Con	Studio	High
	2:15pm – 3:00pm	Spin	Studio	High
Sunday	8:30am – 9:15am	HIIT	Studio	High
	9:30am – 10:15am	Strength & Conditioning	Studio	High
	11:15am – 12:00pm	Aqua Fitness	Pool	Medium
	1:15pm – 2:00pm	Spin	Studio	High
	3:15pm – 4:00pm	Core & Lower Body	Studio	High

*Outdoor classes will take place outside in the Hotel Grounds, weather permitting. 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.

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AQUA FITNESS	Using resistance of the water, the body's muscles can be worked more efficiently with benefits of low impact on joints.
AQUA BOX	Using a variety of boxing and kickboxing movements in the water, this class will give you all the strength with none of the impact of bag or pad work.
BODY SCULPT	Hardcore total body workout, which uses a variety of studio equipment to help build strength and shred fat.
BODY SCULPT BURN	Hardcore total body workout, which uses various studio equipment to build strength and shred fat.
BODY SCULPT TONE	Using Mini and large resistance bands as well as lighter weights in slower deliberate reps targeting muscles to shape and tone the body.
BREATHE	Using a combination of traditional and modern Breathwork practices this 30 minute class is designed to: reduce stress, build physical and mental resilience, increase your energy levels and optimise long-term health.
CIRCUITS	Workout using resistance and cardio exercises targeting the whole body in a circuit format.
CONDITIONING	"Hell's Bell's!" Strength and conditioning based session using heavy kettle bells and low reps for targeted conditioning work out. Low impact but high intensity.
KETTLEBELLS	
COMBAT FIT	It's the ultimate combat challenge to push your fitness to the next level. Variation of martial arts techniques, combat drills and pad work to release stress and feel like a champ.
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.
DANCE FIT	A fun & entertaining dance class. Cha Cha Cha, Jive, Charleston, shake shimmy and smile your way to fitness.
HIIT	A form of interval training, alternating short periods of intense anaerobic exercise with less intense recovery periods.
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.
LEGS, BUMS & TUMS	A fantastic workout designed to hit those lower limb areas and core. A hard, challenging yet enjoyable class which will put you through your paces.
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.
MET-CON	Fast paced, high intensity workouts that will challenge your cardiovascular capacity, put your metabolism into overdrive and rapidly burn fat.
OUTDOOR BOOTCAMP	High intensity full body workout out in natural surroundings to get your endorphins pumping!
POWERHOOP	Using a weighted hula-hoop (2.5kg), this class takes you through an exciting and fun choreographed routine; learning different routines all the while getting a fantastic all-body workout, centred around the core.
SALSACISE	A choreographed salsa inspired aerobics workout. Improve your coordination, balance and memory with this fun workout for the mind and body. Suitable for all levels of fitness.
SEASONED STRENGTH	A resistance-based class designed to keep you in great shape, and strong enough to perform any tasks that daily life will throw at you.
SPIN	High intensity, fun and exciting class on static bikes, using resistance to create a mixture of sprints and hill climbs set to music. This class strips body fat, tones legs, and will improve your cardio fitness – a 45 minute workout will burn up to 400 calories in an inspiring group session.
SPIN SPRINTS	A 30 minute high intensity spin session, consisting of fast hills and power sprints
SPIN & CORE	A fun, athletic, cardiovascular cycling class which incorporates a core workout at the end.
STRENGTH & CONDITIONING	A class designed to help improve your technique, performance and overall fitness. Attention given to alignment, flexibility, balance and much more.

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