



# COTTESMORE

HOTEL GOLF & COUNTRY CLUB

Day	Class	Time	Instructor	Price
Monday	Pilates	08:00-09:00	Viv Smith	M-Free NM - £10
Monday	Circuits	09:15-10:15	Matt Scott	M-Free NM - £10
Monday	Pilates	10:30-11:30	Viv Smith	M-Free NM - £10
Monday	Yoga	17:45-18:45	Klaudia Svendsen	M-Free NM - £10
Monday	Pilates	19:00-20:00	Wendy Walsh	M-Free NM - £10
Tuesday	Yoga (Vinyasa)	08:30-09:30	Joanne Aubrey	M-Free NM - £10
Tuesday	Kettlebells	10:00-10:45	Faye Rabson	M-Free NM - £9
Tuesday	Spin*	17:45-18:30	Rachel Palmer	M-Free NM-£9
Tuesday	Kettlebells	18:00-18:45	Faye Rabson	M-Free NM - £9
Tuesday	Yoga (Relaxation/ Meditation)	19:00-20:00	Nalini Deane	M-Free NM - £10
Wednesday	Ab Attack	9:15-9.45	Faye Rabson	M-Free NM - £8
Wednesday	Bands	10:00-10:30	Faye Rabson	M-Free NM - £8
Wednesday	Ab Attack	10:45-11:15	Faye Rabson	M-Free NM - £8
Wednesday	Aqua Aerobics	10:45-11:30	Lee Sawter	M-Free NM - £9
Wednesday	Yoga	11:30-12:30	Joanne Aubrey	M-Free NM - £10
Wednesday	Circuits	18:00-19:00	Matt Scott	M-Free NM - £10
Wednesday	FitSteps	19:45-20:30	Gemma Hodsdon	M-Free NM - £9
Thursday	Power Yoga	09:00-10:00	Klaudia Svendsen	M-Free NM - £10
Thursday	Aqua Aerobics	9:45-10:30	Gemma Hodsdon	M-Free NM-£9
Thursday	Strength & Tone	10:15-11:15	Jed Hooper-Ridsdale	M-Free NM - £10
Thursday	Cardio Fitness	18:00-18:45	Matt Scott	M-Free NM - £10
Thursday	Pilates	19:15-20:15	Erika Bhatti	M-Free NM - £10
Friday	Spin*	7:00-7:45	Jed Hooper-Ridsdale	M-Free NM-£9
Friday	Ab Attack	10:00-10:30	Faye Rabson	M-Free NM - £8
Friday	HIIT	10:45-11:15	Faye Rabson	M-Free NM - £8
Friday	Stretch and Tone	11:30-12:30	Gina Ould	M-Free NM-£10
Saturday	Circuits	08:15-09:15	Rachel Palmer	M-Free NM - £10
Saturday	Pilates	09:30-10:30	Wendy Walsh	M-Free NM - £10

\*LIVE SPIN CLASSES WITH INSTRUCTOR

FOR OUR VIRTUAL SPIN CLASS TIMETABLE – please check our app