



COTTESMORE

HOTEL GOLF & COUNTRY CLUB

Virtual Class Timetable

(attend via MyWellness App)

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

Please note that all classes up to the 17th May 2021 will be streamed live via the Technogym Mywellness app.