



**COTTESMORE**  
HOTEL GOLF & COUNTRY CLUB

Day	Class	Time	Instructor
Monday	Indoor cycling	07:00-07:45	Rachel Palmer
Monday	Circuits	09:15-10:15	Matt Scott
Monday	Pilates	10:30-11:30	Viv Smith
Monday	Pilates	13:30-14:30	Viv Smith
Monday	Ab Attack	17:00-17:30	Ollie Foote
Monday	Yoga	17:45-18:45	Klaudia Svendsen
Monday	Indoor cycling	18:00-18:45	Matt Scott
Monday	Pilates	19:00-20:00	Wendy Walsh
Tuesday	Yoga (Vinyasa)	08:30-09:30	Joanne Turner
Tuesday	Kettlebells	10:00-10:45	Faye Rabson
Tuesday	Kettlebells	18:00-18:45	Liz Howlett
Tuesday	Indoor cycling	18:30-19:15	Danny Giblin
Tuesday	Yoga (R&M)	19:00-20:00	Joanne Turner
Wednesday	Power Pilates	06:45-07:30	Viv Smith
Wednesday	Ab Attack	09:15-09:45	Faye Rabson
Wednesday	Bands	10:00-10:30	Faye Rabson
Wednesday	Aqua Aerobics	10:00-10:45	Lee Sowter
Wednesday	Aqua Aerobics	10:45-11:30	Lee Sowter
Wednesday	Yoga	10:45-11:45	Lauren Cashman

Day	Class	Time	Instructor
Wednesday	Stretch & Tone	14:00-15:00	Gina Ould
Wednesday	Circuits	18:00-19:00	Matt Scott
Wednesday	FitSteps	19:45-20:30	Gemma Hodsdon
Thursday	Power Yoga	09:00-10:00	Klaudia Svendsen
Thursday	Aqua Aerobics	09:45-10:30	Gemma Hodsdon
Thursday	Strength & Tone	10:15-11:15	Rachel Palmer
Thursday	Pilates	14:00-15:00	Carol Boughton
Thursday	Cardio Fitness	18:00-18:45	Matt Scott
Thursday	Indoor cycling	19:00-19:45	Matt Scott
Thursday	Pilates	19:00-20:00	Carol Boughton
Friday	Beginner's Pilates	09:00-10:00	Wendy Walsh
Friday	Ab Attack	10:10-10:40	Faye Rabson
Friday	HIIT	10:45-11:15	Faye Rabson
Friday	Stretch & Tone	11:30-12:30	Gina Ould
Friday	Beginner Indoor Cycling	12:00-12:45	Danny Giblin
Saturday	Circuits	08:15-09:15	Rachel Palmer
Saturday	Pilates	09:30-10:30	Wendy Walsh
Saturday	Indoor cycling	09:30-10:15	Faye Rabson

Class Difficulty: Red=High Intensity Blue=Moderate Intensity Green=Low Intensity

Non-Member rates apply