



HURLSTON HALL

Hurlston Hall Group Exercise Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:40 07:10	HIIT Spin Trevor	06:40 07:10 Circuit Gym Team	09:15 10:15 Yoga for Movement Lindsay	06:40 07:10 HIIT Gym Team	06:40 07:10 Spin Julie	09:00 11:00 Bike Ride Jamie	09:30 10:15 Circuit Ena
08:45 09:15	Spin Jill	08:40 09:25 Total Tone Helen	09:30 10:15 Spin Helen	08:35 09:20 Fitness Pilates Helen	08:30 09:15 Beginner's Pilates Ena	09:00 10:00 Yin Yoga Nina	10:20 10:50 MyZone HIIT Spin Ena
09:30 10:15	Monday Motivator Jill	09:30 10:15 Fitness Pilates Helen	09:30 10:15 Body Pump Louise	08:45 09:15 HIIT Spin Jill	09:30 10:15 Spin Julie	09:30 10:15 Zumba Rach	11:00 11:15 Abs Blast Gym Team
09:30 10:15	Spin Julie	10:30 11:30 Yin Yoga Sharon	10:30 11:15 Classical Pilates Tracy	09:30 10:30 Yoga for Health Stephen	09:30 10:15 Barre without a barre Tracy	10:20 11:05 Body Blast Rach	
10:00 11:15	Hatha Yoga Craig	10:30 11:15 Aqua Helen	11:30 12:30 Gentle Breath Centred Yoga Sharon	09:30 10:15 Total Tone Helen	09:30 10:15 Total Tone Helen	09:30 10:15 Beach Body Bootcamp Gym Team	
11:30 12:30	Gentle Somatic Flow Yoga Penny	10:30 11:15 Spin Trevor	16:00 17:00 Tennis (5-11) Ben	10:30 11:30 Gentle Somatic Flow Yoga Penny	10:30 11:15 Aqua Ena	10:30 11:15 MyZone HIIT Spin Louise	
17:45 18:45	Beginner's Yoga Nina	11:45 12:30 Dancefit Jill	18:00 18:45 HIIT Step Sophie	11:45 12:30 Aqua Laura	10:30 11:15 Legs, Bums and Tums Helen	11:20 11:35 Abs Blast Gym Team	
18:00 18:45	Spin Helen	16:15 17:00 Brazilian Jiu-jitsu (5-9) Fernao	18:00 19:00 Rocket Vinyasa Sarah	17:00 18:00 Football (5-10) JN Sports	17:45 18:30 Spin Julie		
18:05 18:50	Beach Body Bootcamp Gym Team	17:45 18:15 Spin Jill	18:00 18:30 Spin Jill	17:45 18:30 Body Pump Ash	18:00 18:45 Ladies Lifting Gym Team		
18:05 18:50	Monday Motivator Jill	18:15 19:15 Hatha Yoga Craig	18:30 19:30 Improvers Running Ena	18:00 18:45 MyZone HIIT Spin Louise			
19:00 19:45	Beginner's Pilates Ena	18:30 19:15 Cardio HIIT Laura	19:00 19:45 Zumba Louise	18:00 19:00 Walking Football JN Sports			
		18:30 19:15 Rig Gym Team	19:30 20:30 Gentle Breath Centred Yoga Sharon	18:45 19:30 Hatton Boxing Jennie			
		18:30 19:30 Walking Football (40+) JN Sports					
		19:00 20:00 Adult Fitness Swim Star Swimming					
		19:30 20:15 Classical Pilates Laura					

HIGH ENERGY
STRENGTH/MIXED CONDITIONING
HOLISTIC
CYCLING
POOL
JUNIOR CLASSES

Please ensure you pre-book all classes online via the members login.
You must check in at reception for all classes.

If you cannot attend your class, you must cancel at least 2 hours prior to give other members the chance to attend.