



TELFORD HOTEL
& GOLF RESORT
Shropshire

Fitness class timetable

Monday

06:45 – Bootcamp – Ben
09:30 – LBT - Jemma
11:45 – Dance fit - Jo
18:00 – HIIT – Gary

Tuesday

09:30 - Body conditioning – Jemma
10:45 – Pilates & more – Jo - (Zoom)
11:00 – Aqua – Jemma
19:00 – Barbell fitness – Ian

Wednesday

09:30 – Yoga – Mell (Zoom)
10:30 – Aerobics – Debbie
11:30 – Chair exercise – Erin
12:30 - Stretch & mobilize – Erin
18:00 – Zumba – Jemma

Thursday

09:45– Pilates & more - Jo
10:45 – Dance fitness – Jo
12:00 – Aqua - Jo
18:00 -- HIIT - Gary

Friday

07:00 – HIIT – Liam
08:00 – Circuits – Liam
09:30 – Zumba – Jemma
10:30 – Abs – Ben
11:30 - Tone & core - Debbie