

# parklands

HOTEL & COUNTRY CLUB

- MAX 20 PPL PER CLASS
- NO SWEAT / NECK TOWELS
- PLEASE BRING OWN YOGA MAT
- ALL MEMBERS WILL BE TEMPERATURE CHECKED PRIOR TO CLASS
- FOLLOW ALL SIGNAGE
- BE SOCIALLY DISTANCED AT ALL TIMES
- WIPES, SPRAYS AND SANITISER ARE AVAILABLE AND WE ASK YOU PLEASE USE REGULARLY
- CLASSES MUST BE BOOKED MINIMUM OF 24 HOURS IN ADVANCE

**TO BOOK:**  
0141 639 9222

## KEY

- FITNESS STUDIO
- SPORTS HALL
- SANDRINGHAM

## MONDAY

SPIN & ABS	MISHAN	6:45am - 7:45am
FLEXIBLE STRENGTH	CAROL	9:15am - 10:15am
SPIN & WEIGHTS	MISHAN	10:30am - 11:30am
YOUNG @ HEART	LINDA	10:30am - 11:15am
BODY PUMP	EMMA	11:30am - 12:30pm
YOGA	JEN HEB	12:30pm - 1:30pm
BODY COMBAT	MICK	6:15pm - 7:00pm
SPIN & FAT BLAST	NICOLA	6:30pm - 7:15pm
HIIT	NICOLA	7:30pm - 8:00pm
PILATES	NICOLA	8:15pm - 9:00pm

## THURSDAY

SPIN & ABS	BARTEK	6:45am - 7:30am
BODY PUMP	EMMA	9:15am - 10:15am
SPIN & HIIT	CAROL	9:00am - 10:00am
YOGA	JENNI	10:15am - 11:15am
BODY COMBAT	NIKKI	10:50am - 11:50am
SPIN & FAT BLAST	FIONA	6:15pm - 7:15pm
YOGA	LORRAINE	7:30pm - 8:30pm

## TUESDAY

SPIN	BARTEK	6:45am - 7:30am
LBT	EMMA	9:15am - 10:00am
YOGA	JEN HEB	9:30am - 10:30am
SPIN & WEIGHTS	EMMA	10:15am - 11:15am
AEROBICS	JANET	10:15am - 11:15am
BODY PUMP	JULIE	6:15pm - 7:15pm

## FRIDAY

SPIN & ABS	FIONA	6:45am - 7:30am
BODY COMBAT	NIKKI	9:15am - 10:00am
YOGA	JEN HEB	9:30am - 10:30am
SPIN & WEIGHTS	MICHAEL	10:00am - 11:00am
STEP/TONING	JANET	10:15am - 11:00am
YOGA	JEN HEB	11:00am - 12:00am
YOUNG @ HEART	EMMA	11:15am - 12:15pm
PILATES	NICOLA	12:30pm - 1:30pm
BODY PUMP	JULIE	6:00pm - 7:00pm

## WEDNESDAY

SPIN & HIIT	CAROL	6:45am - 7:30am
STRETCH & FLEX	RITA JANE	9:15am - 10:15am
SPIN & WEIGHTS	NICOLA	10:00am - 11:00am
YOUNG @ HEART	RITA JANE	10:30am - 11:30am
YOGA	RITA JANE	11:45am - 12:45pm
HIIT	FIONA	6:00pm - 6:30pm
SPIN	FIONA	7:00pm - 7:45pm
BODY PUMP	JULIE	7:00pm - 8:00pm

## SATURDAY

YOGA	JEN HEB	9:00am - 10:00am
SPIN	MISHAN	10:15am - 11:00am

## SUNDAY

SPIN & WEIGHTS	BARTEK	10:00am - 11:00am
YOGA	CAROLE	10:15am - 11:15am