

parklands

HOTEL & COUNTRY CLUB

- MAX 20 PPL PER CLASS
- THIS TIMETABLE IS SUBJECT TO CHANGE DUE TO ATTENDANCE
- 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

MONDAY

YOUNG @ HEART	LINDA	10:15am - 11:15am
SPIN & WEIGHTS	MISHAN	10:30am - 11:30am
BODY PUMP	EMMA	11:30am - 12:30pm
YOGA	JEN HEB	12:30pm - 1:30pm
SPIN & FAT BLAST	NICOLA	6:30pm - 7:15pm
PILATES	NICOLA	7:30pm - 8:15pm

THURSDAY

SPIN & ABS	BARTEK	6:45am - 7:30am
SPIN & HIIT	CAROL	9:00am - 10:00am
BODY PUMP	EMMA	9:15am - 10:15am
YOGA	JENNI W	10:15am - 11:15am
SPIN	SYLVIA	6:15pm - 7:15pm
YOGA	DONNA	7:30pm - 8:30pm

TUESDAY

SPIN	BARTEK	6:45am - 7:30am
LBT	JANET	9:15am - 10:15am
YOGA	JEN HEB	9:15am - 10:15am
AEROBICS	JANET	10:15am - 11:15am
SPIN	BARTEK	10:30am - 11:15am
BODY PUMP	JULIE	6:15pm - 7:15pm
PILATES	NICOLA	6:30pm - 7:30pm

FRIDAY

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

WEDNESDAY

SPIN & HIIT	NICOLA	6:45am - 7:30am
SPIN & WEIGHTS	EMMA	9:15am - 10:00am
YOUNG @ HEART	EMMA	10:15am - 11:15am
YOGA	LORRAINE	11:30am - 12:30pm
BODY PUMP	JULIE	7:00pm - 8:00pm

SATURDAY

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

SUNDAY

SPIN & WEIGHTS	BARTEK	10:00am - 11:00am
HIIT STEP	BARTEK	11:15am - 12:00pm