

GYM@PARKLANDS

class timetable

MON

LBT	JANET	9:15am - 10am
YOUNG @ HEART	LINDA	10am - 11am
PUMP	EMMA	11am - 12pm
SPIN	EMMA	12pm - 12:45pm
YOGA	JEN HEB	1pm - 2pm
SPIN & FAT BLAST	NICOLA D	6:30pm - 7:15pm
PILATES	NICOLA D	7:30pm - 8:15pm

TUE

SPIN	NICOLA D	6:45am - 7:30am
YOGA	JEN HEB	9:15am - 10:15am
AEROBICS	JANET	10:15am - 11:15am
BODY CONDITIONING	JANET	11:30am - 12:15pm
WATER AEROBICS	NICOLA D	11:30pm - 12:15pm
PUMP	JULIE	6pm - 7pm
PILATES	MARINA	7pm - 8pm

WED

SPIN & HIIT	NICOLA D	6:45am - 7:30am
SPIN	EMMA	9:05am - 9:50am
STRETCH/ABS	EMMA	9:55am - 10:30am
YOUNG @ HEART	EMMA	10:30am - 11:30am
YOGA	LORRAINE	11:30am - 12:30pm
PILATES	MARINA	12:30pm - 1:15pm
PUMP	JULIE	6pm - 7pm
STEP	JANET	7:15pm - 8pm

THU

SPIN	JAMIE	6:45am - 7:30am
SPIN & HIIT	CAROL	9am - 10am
PUMP	EMMA	10:15am - 11:15am
YOGA	JENNI W	11:15am - 12:15pm
WATER AEROBICS	NICOLA D	11:30pm - 12:15pm
SPIN	CAROLE	6pm - 6:45pm
YOGA	DONNA M	7pm - 8pm

FRI

YOGA EXPRESS	JEN HEB	9:15am - 10am
STEP/TONING	JANET	10:15am - 11am
YOUNG @ HEART	EMMA	11am - 12pm
PILATES	NICOLA D	12pm - 12:45pm
PUMP	JULIE	6pm - 7pm

SAT

YOGA	JEN HEB	9am - 10am
SPIN	NICOLA D	10:15am - 11am
LBT	RACHEL	11:05am - 11:50am

SUN

SPIN & WEIGHTS	CAROLE	10am - 11am
BOXING	CAROLE	11am - 11:45am

BOOK

CALL 0141 639 9222 (option 2)

CLASSES INCLUDED IN MEMBERSHIP:
reception@parklandscountryclub.co.uk

CLASSES AVAILABLE FOR NON-MEMBERS:
Pay As You Go at £6.50 per class

@thegymatparklands



parklands
HOTEL & COUNTRY CLUB