

GYM@PARKLANDS

class timetable

MON

LBT
YOUNG @ HEART
PUMP
SPIN
YOGA
SPIN & FAT BLAST
PILATES

JANET
LINDA
EMMA
EMMA
JEN HEB
NICOLA D
NICOLA D

9:15am - 10am
10am - 11am
11am - 12pm
12pm - 12:45pm
1pm - 2pm
6:30pm - 7:15pm
7:30pm - 8:15pm

TUE

SPIN
YOGA
AEROBICS
BODY CONDITIONING
WATER AEROBICS
PUMP
PILATES

NICOLA D
JEN HEB
JANET
JANET
NICOLA D
JULIE
MARINA

6:45am - 7:30am
9:15am - 10:15am
10:15am - 11:15am
11:30am - 12:15pm
11:30pm - 12:15pm
6pm - 7pm
7pm - 8pm

WED

SPIN & HIIT
SPIN
STRETCH/ABS
YOUNG @ HEART
YOGA
PILATES
PUMP
STEP

NICOLA D
EMMA
EMMA
EMMA
LORRAINE
MARINA
JULIE
JANET

6:45am - 7:30am
9:05am - 9:50am
9:55am - 10:30am
10:30am - 11:30am
11:30am - 12:30pm
12:30pm - 1:15pm
6pm - 7pm
7:15pm - 8pm

THU

SPIN
SPIN & HIIT
PUMP
YOGA
WATER AEROBICS
SPIN
YOGA

HAZEL
CAROL
EMMA
JENNI W
NICOLA D
CAROLE
DONNA M

6:45am - 7:30am
9am - 10am
10:15am - 11:15am
11:15am - 12:15pm
11:30pm - 12:15pm
6pm - 6:45pm
7pm - 8pm

FRI

YOGA EXPRESS
STEP/TONING
YOUNG @ HEART
PILATES
PUMP

JEN HEB
JANET
EMMA
NICOLA D
JULIE

9:15am - 10am
10:15am - 11am
11am - 12pm
12pm - 12:45pm
6pm - 7pm

SUN

YOGA
SPIN
LBT

JEN HEB
NICOLA D
RACHEL

9am - 10am
10:15am - 11am
11:05am - 11:50am

SPIN & WEIGHTS
BOXING

CAROLE
CAROLE

10am - 11am
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