



## BREADSALL PRIORY

A MARRIOTT HOTEL &  
COUNTRY CLUB

# STUDIO TIMETABLE

### MONDAY

09:15-10:30	Hatha Yoga	Margaret
09:30-10:15	Hydro	Ailsa
10:15-11:00	Hydro	Emily
10:30-11:30	Body Sculpt	Ailsa
11:30-12:30	Aero-Flex	Fiona
12:30-13:30	Pilates	Fiona
<b>18.30-19.15</b>	<b>Circuits</b>	<b>TBC</b>
<b>19.20-19.50</b>	<b>Abs &amp; Core</b>	<b>TBC</b>

### TUESDAY

09:30-10:15	Hydro	Simon
10.20-11.20	Circuits	Simon
11:30-12:30	Ballet Fusion	Ailsa
<b>19:00-19:45</b>	<b>Body Blast</b>	<b>Bec</b>
19.45-20.45	Yoga	Tabitha
20:00-20:45	Hydro	Bec

### WEDNESDAY

09:15-10:30	Hatha Yoga	Margaret
09:30-10:15	Hydro	Ailsa
10:15-11:00	Hydro	Ailsa
10:30-11:30	Zumba	Marilyn
11.30-12.30	Big dance	Ailsa
<b>17:45-18:30</b>	<b>Step +</b>	<b>Lee</b>
18:30-19:30	Kickboxing	Ian

### THURSDAY

10:00-11:00	Circuits	Simon
11:00-12:00	Fitness Pilates	Steph
12:15-13:15	Stretch & Relax	Marilyn
18.00-18.45	Zumba	TBC
<b>19.00-19.45</b>	<b>Circuits</b>	<b>Bec</b>
<b>20:00-20:45</b>	<b>Hydro</b>	<b>Bec</b>

### FRIDAY

09:15-10:15	Fitness Yoga	Ailsa
09:30-10:15	Hydro	Emily/Simon
10:15-11:00	Salsacise	Ailsa
14:00-14:45	Hydro	Simon/Emily
<b>18:00-19:00</b>	<b>Pilates</b>	<b>Fiona</b>
<b>19:00-20:00</b>	<b>Yoga</b>	<b>Fiona</b>

### SATURDAY

16.30-17:30	Kickboxing/Beginners	Hayley
17:30-19:00	Kickboxing/Inter-Adv	Ian

### SUNDAY

18:00-18:45	Hydro	Restart TBC
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**Please Note : Instructors are subject to change due to availability.**

**Classes that are in bold are available for bring a friend at a £3.50 charge per guest! Classes can only be booked on the day they commence.**

### CLASS BOOKING POLICY

**Classes that start before 11.00 maybe booked from 08.00. Classes which start after 11.00 maybe booked from 09.00**

- **Book up to 7 days in advance**
- **Book between 8.00am- 9.00pm**
- **You may reserve 2 spaces per booking**
- **Please give as much notice as possible when cancelling classes**

**Please note: If there are not three or more people booked into any class we reserve the right to cancel the class.**

**Telephone Bookings: 01332 836002**  
[www.marriott.com/emags](http://www.marriott.com/emags)

**Timetable commencing**  
**24<sup>th</sup> October 2011**