



Class & cancellations procedures

Members booking procedure:

Members can book from 8am 7 days in advance of the class

Non-members:

Non-members can book from 8am 5 days in advance of the class

Please arrive:

5 minutes before a class, once warm up is over you may not be permitted to enter

Cancellation procedure:

Morning classes, cancellation cut off before close the evening before (9pm)

Evening classes, cancellation cut off before 2pm that day

New to the class:

If you are new to the class please arrive early & report to the Instructor.

****Please be aware that failure to show up or cancel a class after the hours stated above will result in a £3.00 charge**

Fitness timetable



**Mon-Fri: 6.30am-9pm
Sat-Sun: 9am-6pm**

Telephone:

738680

Email:

revolution@theoghhotel.com

Monday:

- ❖ 7am – 7.40am Kettle bells
- ❖ 9.30am – 10.30am Kinetica
- ❖ 12.30pm – 1.10pm Body blast
- ❖ 5.45pm – 6.45pm Swiss ball
- ❖ 7pm – 7.45pm Kettle bells

Tuesday:

- ❖ 6.45am – 7.30am Get Fit camp
- ❖ 12.30pm – 1.10pm Abs, bums & thighs
- ❖ 6pm – 7pm Indoor cycling
- ❖ 7.15pm – 8.15pm Boxercise

Wednesday:

- ❖ 7am – 7.45am Indoor cycling
- ❖ 12.30pm – 1.10pm Circuits
- ❖ 6pm – 6.40pm Core stability

Thursday:

- ❖ 6.45am – 7.30am Get Fit camp
- ❖ 12pm – 1pm Kinetica
- ❖ 1.05pm – 1.45pm Kettle bells
- ❖ 6pm – 7pm Indoor cycling
- ❖ 7.15pm – 8.15pm Boxercise

Friday:

- ❖ 7am – 7.45am Indoor cycling
- ❖ 12.30pm – 1.10pm Kettle bells

Saturday:

- ❖ 9.15am – 10.15am Indoor cycling
- ❖ 10.30am – 11.10am All about abs
- ❖ 11am – 11.45am Get Fit Camp

Sunday:

- ❖ 11am – 12pm Boxercise

Body blast: This class is a circuit format based on short bursts of exercises that target an all over body workout.

Get Fit Camp All the components of a outdoor boot camp but inside ☺ A over all body workout, whether your looking to improve your fitness or lose weight this class is for you.

Swiss ball: A workout that improves body posture and balance. This class includes a variety of general toning exercises with a twist...using the ball.

Kettle bells: The kettle bell is a cast-iron weight used to perform ballistic exercises that combine cardiovascular, strength & flexibility training.

Indoor cycling: A high intensity workout that involves using a stationary exercise bicycle in a classroom setting, following the instructor.

Swiss ball: A workout that improves body posture and balance. This class includes a variety of general toning exercises with a twist...using the ball.

Core stability: Strengthen your core using different types of exercises & equipment.

ABT: A workout that focuses on the lower half of the body. Great for sculpting and toning those stubborn areas of the body.

All about abs: A workout that focuses on the abdominals, an intense abdominal work out using a variety of exercises.