

BOOKING AND CANCELLATION POLICY

BOOKING PROCEDURES

MEMBERS

Members may book 7 days prior to the class

NON MEMBERS

Non-members may book 5 days prior to the class

Please arrive 5 minutes before a class.

Once warm up is over you may not be permitted to join the class.

If you are new to the class please arrive early and make yourself known to the instructor.

CANCELLATION PROCEDURES

MORNING CLASSES

Cancellation should be received before 21h00 the evening before your class.

EVENING CLASSES

Cancellation should be received before 14h00 on the day of your class

PLEASE NOTE THAT FAILURE TO CANCEL A CLASS IN TIME WILL RESULT IN A CANCELLATION CHARGE OF £6



OPENING HOURS

Monday – Friday: 6.30am – 9.00pm
Saturday, Sunday and Bank Holidays: 9.00am – 6.00pm

Telephone: 01481 738680

Email: revolution@theoghhotel.com

www.theoghhotel.com

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FITNESS TIMETABLE

MONDAY

06.45 – 07.45
09.30 – 10.30
12.30 – 13.00
18.00 – 18.45
19.00 – 19.45

KETTLERCISE
KINETICA
KEVIN CORE CLASS
GET FIT CAMP
KETTLE BELLS

TUESDAY

06.45 – 07.30
12.30 – 13.10
13.15 – 13.45
18.00 – 19.00
19.15 – 20.15

GET FIT CAMP
ABS, BUMS & THIGHS
KETTLERCISE
INDOOR CYCLING
BOXERCISE

WEDNESDAY

07.00 – 07.45
12.30 – 13.10
17.45 – 18.15
18.15 – 19.15

INDOOR CYCLING
CIRCUITS
BODY MOTION BLAST
YOGA

THURSDAY

06.45 – 07.30
11.15 – 12.15
12.30 – 13.10
18.00 – 19.00
19.15 – 20.15

GET FIT CAMP
KINETICA
KETTLE BELLS
BOXERCISE
KETTLERCISE

FRIDAY

07.00 – 07.45
12.00 – 12.30
12:35 – 13:15

INDOOR CYCLING
BODY MOTION BLAST
YOGA FITNESS

SATURDAY

09.00 – 10.00
10.15 – 10.45

INDOOR CYCLING
ALL ABOUT ABS

SUNDAY

11.00 – 12.00
12.15 – 13.15

BOXERCISE
KETTLERCISE

GET FIT CAMP

All the components of a boot camp but indoors. Great for overall fitness. All levels welcome.

INDOOR CYCLING

A high intensity workout that involves using a stationary exercise bicycle in a classroom setting, following the instructor. All levels welcome.

BOXERCISE

Great for improving your overall fitness. Combination of pad work and circuit-style workouts. All levels welcome.

KETTLEBELLS

A workout that focuses on strength-based training. Great for building strength foundations and perfecting various exercise techniques. All levels welcome.

ABT

It focuses on the lower half of the body. Great for sculpting and toning those stubborn areas of the body. All levels welcome.

ALL ABOUT ABS / KEVIN CORE CLASS

A workout that focuses on the abdominals. An intense abdominal work out using a variety of exercises. All levels welcome.

YOGA FITNESS

Based around the classic moves of yoga, this class will help to increase flexibility, stability and core strength. All levels welcome.

KETTLERCISE

It is a body strength fat loss exercise taking you to your ultimate levels. Consists of 37 exercises in 50 minutes workout. Every exercise works the core to its limits. All levels welcome!

KINETICA

A class for varied levels of ability and fitness that mixes fundamental moves from Yoga, Pilates and Aerobics. A workout that will leave you feeling revived and energised. All levels welcome.

BODY MOTION BLAST

An equipment-free, conditioning-based class designed to get your body moving better and feeling stronger under life's natural weight....Gravity!