



How to book:

Email, call us or pop in to reserve your place!

- Classes are FREE to members and £6 for non-members.
- Members may book 7 days prior to the class.
- Non-Members may book 5 days prior.
- Please arrive 5 minutes before a class
- Once the warm up is over, you may not be permitted to join the class.
- Please contact us the day before to cancel a class and to make spaces available to others.
- Thank You!

CLASS TIMETABLE

OPENING HOURS

Monday—Friday:	6.30am-9.00pm
Saturday, Sunday:	9.00am-6.00pm
Bank Holidays:	9.00am-6.00pm

CONTACT US

Telephone:	01481 738680
Email:	revolution@theoghhotel.com
Facebook:	/revolutionattheogh

MONDAY

7.00-7.45 Indoor cycling
12.30-13.00 Core Class
18.00-18.45 Body Conditioning
19.00-19.45 Kettlebells

TUESDAY

06.45-07.30 Get Fit Camp
12.30-13.10 ABT (Abs, Bums & Thighs)
13.15-13.45 Kettlercise
18.00-19.00 Indoor Cycling
19.15-20.15 Boxercise

WEDNESDAY

07.00-07.45 Indoor Cycling
12.30-13.10 Circuits
18.15-19.15 Stretch and Flex

THURSDAY

06.45-07.15 Get Fit Camp
12.30-13.10 Kettlebells
18:00—19:00 Kettlercise

FRIDAY

07.00-07.45 Indoor Cycling
12.00-12.30 Bar Blast
12.30-13.10 Stretch and Flex