

Regency Park Hotel

Class Timetable

Monday

Circuits	10:00am to 10:30am	Gym
Aqua Aerobics	1:00pm to 1:45pm	Pool
Total Body Workout	6:30pm-7:30pm	Function Suite

Tuesday

Box Fit and Abs	10:00 to 10:30am	Gym
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Wednesday

Legs, Bums and Tums	10:00am to 10:30am	Gym
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Thursday

Kettlebells	10:00am to 10:30am	Gym
Aqua Aerobics	6:15pm to 7:00pm	Pool
Total Body Workout	7:30pm to 8:30pm	Function Suite

Friday

Circuits	10:00am to 10:30am	Gym
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Sunday

Aqua Aerobics	2:00pm to 2:45pm	Pool
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All classes require pre-booking. Please book your classes at the Health Club Reception.

If you require further information regarding any of the classes please do not hesitate to contact a member of The Health Club Team