



WELLNESS
AT GLENEAGLES

MONDAY	06:45-07:30 The Killer Workout <i>with Kim</i> MOVE STUDIO	09:30-10:15 Strength & Conditioning <i>with Ali</i> MOVE STUDIO	10:45-11:30 Aerobics <i>with Caroline</i> MOVE STUDIO	11:45-12:30 Flow & Stretch <i>with Caroline</i> MOVE STUDIO	13:00-13:45 Foundational Circuits <i>with Kelsey</i> MOVE STUDIO	14:00-14:45 Mobility & Flexibility <i>with Kelsey</i> MOVE STUDIO	17:30-18:00 Spin Express <i>with Calum</i> MOVE STUDIO	18:30-19:15 Advanced Circuits <i>with Calum</i> MOVE STUDIO	
TUESDAY	06:45-07:30 Spin Beats <i>with Calum</i> MOVE STUDIO	08:30-09:00 TRX <i>with Calum</i> MOVE STUDIO	09:30-10:15 The Killer Spin <i>with Calum</i> MOVE STUDIO	09:30-10:15 Aqua <i>with Kelsey</i> POOL	10:45-11:30 Muscle Up <i>with Rob</i> MOVE STUDIO	11:45-12:30 Mobility & Flexibility <i>with Rob</i> MOVE STUDIO	17:30-18:15 Core Strength & Balance <i>with Ali</i> MOVE STUDIO	18:30-19:15 The Knockout <i>with Ali</i> MOVE STUDIO	
WEDNESDAY	06:45-07:30 Strength & Conditioning <i>with Calum</i> MOVE STUDIO	08:30-09:00 Spin Express <i>with Calum</i> MOVE STUDIO	09:30-10:15 Lift <i>with Calum</i> MOVE STUDIO	10:45-11:30 Flow & Stretch <i>with Rob</i> MOVE STUDIO	11:45-12:30 Muscle Up <i>with Rob</i> MOVE STUDIO	13:00-13:45 Core Strength & Balance <i>with Caroline</i> MOVE STUDIO	14:00-14:45 Foundational Circuits <i>with Caroline</i> MOVE STUDIO	17:30-18:15 Aerobics <i>with Kim</i> MOVE STUDIO	18:30-19:15 Spin to Yin <i>with Kim</i> MOVE STUDIO
THURSDAY	06:45-07:30 The Knockout <i>with Ali</i> MOVE STUDIO	09:30-10:15 Advanced Circuits <i>with Kim</i> MOVE STUDIO	10:45-11:30 Core Strength & Balance <i>with Ali</i> MOVE STUDIO	11:00-11:45 Aqua <i>with Kelsey</i> POOL	12:00-12:45 Move <i>with Kim</i> MOVE STUDIO	17:30-18:00 TRX <i>with Kelsey</i> MOVE STUDIO	18:30-19:15 Lift <i>with Kelsey</i> MOVE STUDIO		
FRIDAY	06:45-07:30 Advanced Circuits <i>with Kim</i> MOVE STUDIO	08:30-09:00 Omnia 8 PT <i>with Kelsey</i> GYM	09:30-10:15 Spin Beats <i>with Kim</i> MOVE STUDIO	10:45-11:30 Low Impact HIIT <i>with Kelsey</i> MOVE STUDIO	12:00-12:30 TRX <i>with Kelsey</i> MOVE STUDIO	17:30-18:00 The Killer Challenge <i>with Calum</i> GYM	18:30-19:00 STR <i>with Calum</i> MOVE STUDIO		
SATURDAY	08:00-08:45 Low Impact HIIT <i>with Glen Team</i> MOVE STUDIO	09:30-10:15 The Knockout <i>with Glen Team</i> MOVE STUDIO	10:45-11:30 Flow & Stretch <i>with Glen Team</i> MOVE STUDIO	13:00-13:30 Restore <i>with Glen Team</i> MOVE PT	SUNDAY	08:00-08:45 Spin to Yin <i>with Glen Team</i> MOVE STUDIO	09:30-10:15 Lift <i>with Glen Team</i> MOVE STUDIO	10:45-11:30 Mobility & Flexibility <i>with Glen Team</i> MOVE STUDIO	13:00-13:30 Recover <i>with Glen Team</i> MOVE STUDIO

Timetable from 9th January to 9th April 2023

Please note all classes are subject to change and must be pre-booked via the MyWellness App.