

SPA CLASS TIMETABLE - APRIL 2019

SPA OPENING TIMES Monday to Friday 7am-9pm | Saturday and Sunday 8am-8pm

SPA TREATMENTS Monday to Sunday 10am-6pm | last treatment at 5pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
YOGA 9.30-10.30am Cara Barn AQUA AEROBICS 11.15am-12noon Heidi Indoor Pool YOGA 6.15-7.15pm Jeanie Barn	PILATES 9.30-10.15am Vikki Barn PILATES 6-7pm Millie Barn PILATES 7.15-8pm Nicky Barn	PILATES 9.30-10.30am Millie Barn AQUA AEROBICS 11-11.45am Vikki Indoor Pool YOGA 7-8pm Jeanie Barn	YOGA 11am-12noon Debs Barn YOGA 5.45-6.45pm Jeanie Barn extension	PILATES 9.15-10am CANCELLED YOGA 10.10-11.10am CANCELLED AQUA AEROBICS 11.30am-12.15pm Vikki Indoor Pool
8	9	10	11	12
YOGA 9.30-10.30am Cara Barn AQUA AEROBICS 11.15am-12noon Heidi Indoor Pool YOGA 6.15-7.15pm Jeanie Barn	PILATES 9.30-10.15am Vikki Barn PILATES 6-7pm Millie Barn PILATES 7.15-8pm Nicky Barn	PILATES 9.30-10.30am Millie Barn AQUA AEROBICS 11-11.45am Vikki Indoor Pool YOGA 7-8pm Jeanie Barn	YOGA 11am-12noon CANCELLED YOGA 5.45-6.45pm CANCELLED	PILATES 9.15-10am CANCELLED YOGA 10.10-11.10am CANCELLED AQUA AEROBICS 11.30am-12.15pm Vikki Indoor Pool
15	16	17	18	19 GOOD FRIDAY
YOGA 9.30-10.30am Cara Barn AQUA AEROBICS 11.15am-12noon Heidi Indoor Pool YOGA 6.15-7.15pm Jeanie Barn	PILATES 9.30-10.15am CANCELLED PILATES 6-7pm Millie Barn PILATES 7.15-8pm Nicky Barn	PILATES 9.30-10.30am Millie Barn AQUA AEROBICS 11-11.45am CANCELLED YOGA 7-8pm Jeanie Barn	YOGA 11am-12noon Debs Barn YOGA 5.45-6.45pm Jeanie Barn	PILATES 9.15-10am CANCELLED YOGA 10.10-11.10am Millie (instead of Cara) Barn AQUA AEROBICS 11.30am-12.15pm Vikki Indoor Pool
22 EASTER MONDAY	23	24	25	26
YOGA 9.30-10.30am Jo (instead of Cara) Barn AQUA AEROBICS 11.15am-12noon CANCELLED YOGA 6.15-7.15pm Jeanie Barn	PILATES 9.30-10.15am Vikki Barn PILATES 6-7pm Millie Barn PILATES 7.15-8pm Nicky Barn	PILATES 9.30-10.30am Millie Barn AQUA AEROBICS 11-11.45am Vikki Indoor Pool YOGA 7-8pm Beena (instead of Jeanie) Barn	YOGA 11am-12noon Debs Barn YOGA 5.45-6.45pm Millie (instead of Jeanie) Barn	PILATES 9.15-10am Nicky Barn YOGA 10.10-11.10am Cara Barn AQUA AEROBICS 11.30am-12.15pm Vikki Indoor Pool
29	30	1	2	3
YOGA 9.30-10.30am Cara Barn AQUA AEROBICS 11.15am-12noon Heidi Indoor Pool YOGA 6.15-7.15pm Mia (instead of Jeanie) Barn	PILATES 9.30-10.15am Vikki Barn PILATES 6-7pm Millie Barn PILATES 7.15-8pm Nicky Barn	PILATES 9.30-10.30am Millie Barn AQUA AEROBICS 11-11.45am CANCELLED YOGA 7-8pm Beena (instead of Jeanie) Barn	YOGA 11am-12noon Debs Barn YOGA 5.45-6.45pm Stephen (instead of Jeanie) Barn	PILATES 9.15-10am Nicky Barn YOGA 10.10-11.10am Cara Barn AQUA AEROBICS 11.30am-12.15pm CANCELLED