

SPA CLASS TIMETABLE - JULY 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 11.15-12.00pm Heidi Pool YOGA 7.00-7.45pm Jeanie Barn	PILATES 9.30-10.15am Vikki Barn PILATES 6.00-7.00pm Millie Barn PILATES 7.15-8.00pm Nicky Barn	PILATES 9.30-10.30am CANCELLED AQUA 11.00-11.45am Vikki Pool YOGA 7.00-8.00pm CANCELLED	YOGA 11.00-12.00pm CANCELLED YOGA 5.45-6.45pm CANCELLED	PILATES 9.15-10.00am CANCELLED YOGA 10.10-11.10am CANCELLED AQUA 11.30-12.15pm Vikki Pool
8	9	10	11	12
YOGA 9.30-10.30am Cara Barn AQUA 11.15-12.00pm Heidi Pool YOGA 7.00-7.45pm Jeanie Barn	PILATES 9.30-10.15am CANCELLED PILATES 6.00-7.00pm CANCELLED PILATES 7.15-8.00pm CANCELLED	PILATES 9.30-10.30am Millie Barn AQUA 11.00-11.45am Vikki Pool YOGA 7.00-8.00pm Jeanie Barn	YOGA 11.00-12.00pm Debs Barn YOGA 5.45-6.45pm Jeanie Barn	PILATES 9.15-10.00am Nicky Barn YOGA 10.10-11.10am Cara Barn AQUA 11.30-12.15pm Vikki Pool
15	16	17	18	19
YOGA 9.30-10.30am Cara Barn AQUA 11.15-12.00pm Heidi Pool YOGA 7.00-7.45pm Jeanie Barn	PILATES 9.30-10.15am Vikki Barn PILATES 6.00-7.00pm Millie Barn PILATES 7.15-8.00pm Nicky Barn	PILATES 9.30-10.30am Millie Barn AQUA 11.00-11.45am Vikki Pool YOGA 7.00-8.00pm Jeanie Barn	YOGA 11.00-12.00pm CANCELLED YOGA 5.45-6.45pm CANCELLED	PILATES 9.15-10.00am Nicky Barn YOGA 10.10-11.10am Cara Barn AQUA 11.30-12.15pm Vikki Pool
22	23	24	25	26
YOGA 9.30-10.30am Cara Barn AQUA 11.15-12.00pm Heidi Pool YOGA 7.00-7.45pm Jeanie Barn	PILATES 9.30-10.15am Vikki Barn PILATES 6.00-7.00pm Millie Barn PILATES 7.15-8.00pm Nicky Barn	PILATES 9.30-10.30am Millie Barn AQUA 11.00-11.45am Vikki Pool YOGA 7.00-8.00pm Jeanie Barn	YOGA 11.00-12.00pm Millie Barn YOGA 5.45-6.45pm Jeanie Barn	PILATES 9.15-10.00am Nicky Barn YOGA 10.10-11.10am Cara Barn AQUA 11.30-12.15pm Vikki Pool
29	30	31		
YOGA 9.30-10.30am Millie Barn AQUA 11.15-12.00pm Heidi Pool YOGA 7.00-7.45pm Jeanie Barn	PILATES 9.30-10.15am Vikki Barn PILATES 6.00-7.00pm Millie Barn PILATES 7.15-8.00pm Nicky Barn	PILATES 9.30-10.30am Millie Barn AQUA 11.00-11.45am Vikki Pool YOGA 7.00-8.00pm CANCELLED		