



WITNEY LAKES RESORT

Monday 9th January - Sunday 8th April 2012

Monday		Wednesday		Friday	
09.30-10.30	Body Conditioning	09.30-10.30	Dance Fit	07.00-08.00	Fuzion
10.35-11.15	Middle Management	10.30-11.00	Abs & Stretch	08.15-09.00	Spinning (starts 24/2)
11.30-12.15	Aqua	11.15-12.30	Yoga	09.30-10.15	Step & Tone
12.00-13.00	Stephan's Yoga	11.45-12.30	Aqua	10.20-11.05	Abs & Stretch
		12.40-13.40	Zumba	11.15-12.00	Streetdance & Bollywood
17.45-18.40	Reps & Sets			12.15-13.00	Movement & Mobility
18.45-19.30	Dance Fit	17.30-18.15	Interval Training	13.00-14.00	Pilates
19.35-20.35	Group Box Training	18.25-19.25	Khai Bo		
		19.30-20.00	Quick Pure Toning	17.45-18.45	Circuits
		20.00-21.00	Pilates	18.45-19.30	Spinning & Abs
Tuesday		Thursday		Saturday	
09.30-10.30	Cardio Sculpt	09.30-10.30	Body Conditioning	08.05-08.50	Spinning
10.00-11.00	Aqua	10.30-11.30	Aqua	09.00-10.00	Circuits
10.30-11.15	LBT	10.40-11.40	Stephan's Yoga	10.00-11.00	Step
11.15-12.00	Fit Ball	11.45-12.45	Pilates	10.00-11.00	Aqua
		12.45-13.30	Spinning	11.00-12.00	Reps & Sets
17.00-17.55	Trim & Tone			12.15-13.15	Kettlebells
18.00-18.45	Step	17.00-17.40	Trim & Tone		
18.30-19.30	Aqua	17.45-18.30	Step	09.30-10.15	Spinning
18.50-19.35	LBT	18.30-19.30	Reps & Sets	10.25-11.25	Weights & More
19.45-20.45	Spinning	19.30-20.45	Yoga	11.30-12.30	Pilates
					Sunday