

How to Book Classes

1. Download the My Wellness App
2. Create an account if you don't already have one, or speak to the gym team who will be happy to do this for you. If you use the gym, you probably have a 'My Wellness' account already as this is the same system we use in the gym.
3. Sign in and get booking some classes!



NEED HELP IN THE GYM?

Why not book in for a complementary programming and coaching session with one of our instructors.

We will happily get you going and support you all the way with your programming and instruction.

GET IN TOUCH

T: 01482 846030

E: enquiries@cottinghamparks.co.uk

www.cottinghamparks.co.uk

STUDIO TIMETABLE

COMMENCING 6TH JANUARY 2020

Cottingham Parks
golf and leisure club



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

06:45 – 07:30

INDOOR CYCLING

09:15 – 10:00

BODY COMBAT

10:00 – 11:00

BODY BALANCE

11:00 – 11:45

INDOOR CYCLING

11:00 – 11:45

SWIM FIT

11:45 – 12:45

HATHA YOGA

6:45 – 07:30

INDOOR CYCLING

09:15 – 10:00

SWISS BALL WORKOUT

10:00 – 11:00

COMPLETE CONDITIONING

11:00 – 12:00

STRICTLY DANCE

09:15 – 10:00

BODY COMBAT

10:00 – 10:45

BODY BALANCE (NEW)

10:30 – 11:20

AQUA AEROBICS

10:45 – 11:30

ZUMBA

11:30 – 12:20

CARDIO TONING

07:00 – 07:30

INDOOR CYCLING

07:30 – 08:00

MINI PUMP

09:15 – 10:00

BODY PUMP

10:00 – 10:45

BODY BALANCE

10:00 – 10:45

SWIM FIT

10:45 – 11:30

BALLET TONING

11:30 – 12:15

LEGS, BUMS & TUMS

09:15 – 10:15

COMPLETE CONDITIONING

10:15 – 11:15

ZUMBA

11:15 – 12:15

COMPLETE CONDITIONING

11:30 – 12:20

AQUA AEROBICS

07:45 – 08:30

SPIN

09:00 – 10:00

ZUMBA

10:00 – 12:00

KARATE

08:30 – 09:30

BODY COMBAT

09:30 – 10:30

BODY PUMP

AFTERNOON

12:45 – 13:45

LINE DANCE

14:00 – 14:45

INDOOR CYCLING

12:00 – 13:00

COMPLETE CONDITIONING

13:00 – 14:00

LEGS, BUMS & TUMS

14:00 – 15:00

PILATES

12:30 – 13:30

PILATES

13:30 – 14:30

YOGA

12:15 – 13:00

DANCEFIT

13:00 – 14:00

CIRCUIT

14:00 – 15:00

TAI CHI

12:15 – 13:00

INDOOR CYCLING

13:00 – 14:00

YOGALATES

17:00 – 18:00

BODY BALANCE

EVENING

17:30 – 18:15

BODY COMBAT (NEW)

18:15 – 19:15

BODY PUMP

19:15 – 20:00

BOXERCISE

20:00 – 20:45

BODY BALANCE

17:45 – 18:30

X-FIT (NEW)

18:30 – 19:10

INDOOR CYCLING

18:45 – 19:30

SWIM FIT

19:15 – 20:15

BODY PUMP

18:00 – 19:00

BODY PUMP

19:00 – 19:45

INDOOR CYCLING

19:45 – 20:30

PILATES

17:45 – 18:15

META FIT

18:15 – 19:15

CIRCUIT TRAINING

19:15 – 20:15

DANCE HEAT (NEW)

19:00 – 19:50

AQUA AEROBICS

20:30 – 21:30

TAI CHI

17:30 – 18:15

INDOOR CYCLING

18:15 – 19:15

YOGA

19:30 – 20:30

BURLESQUE* (NEW)

*BURLESQUE CLASS (NEW)

This new class is been ran by Twisted Belles Burlesque UK. This class is FREE for our Peak Members, however, is also open to non-members at a cost of £5 per class. So please feel free to bring your friends!! Booking required.