

Oasis Leisure Club & Spa – Kings Manor Hotel – Class Timetable.



Monday	Totally Shredded 08.30 – 09.15 David	Totally Shredded 09.30 – 10.15 David	Yoga 10.30 – 11.15 Melanie	Aqua Fit 11.00 – 11.45 Carole	Mind & Body 11.30 – 12.15 Lesley C		Group Cycle 17.15 – 17.50 Skye	Pump It Up 18.00 – 18.45 Illia	Aqua Fit 19.00 – 19.45 Carole	Yoga 19.15 – 20.00 Lizzie	
Tuesday	Total Body Conditioning 08.30 – 09.15 Dawn	Total Body Conditioning 09.30 – 10.15 Dawn	Pilates 10.30 – 11.15 Claire	Aqua Fit 11.00 – 11.45 Val			Totally Shredded 17.15 – 18.00 David	Spin & Core 18.15 – 18.50 David		Zumba 19.00 – 19.45 Lesley C	Strength & Mobility 20.00 – 20.45 Illia
Wednesday	Shred & Tone 08.30 – 09.15 David	Yoga 09.30 - 10.15 Kirsten	Zumba 10.30 – 11.15 Lesley	Aqua Fit 11.00 – 11.45 Carole	Pilates 11.30 – 12.15 Lesley	Strength 50 16.00 – 16.50 Illia	Strength 50 17.00 – 17.50 Illia	Fitness Pilates 18.00 – 18.45 Vicki	Aqua Fit 19.00 – 19.45 Barbara	Mind & Body 19.00 – 19.45 Lesley C	
Thursday	Spin 35 08.30 – 09.05 David	Zumba 09.30 – 10.15 Carole	Fitness Pilates 10.30 – 11.15 Vicki	Aqua Fit 11.00 – 11.45 Dawn	Totally Shredded 11.30 – 12.15 David	Fitness Pilates 12.30 – 13.15 Vicki	LBT 17.30 – 18.15 Jeni	Body Combat 18.30 – 19.15 Jeni		Yoga 19.30 – 20.15 Kirsten	
Friday	Body Combat 08.30 – 09.15 Jeni	Body Combat 09.30 – 10.15 Jeni	Zumba 10.30 – 11.15 Lesley		Pilates 11.30 – 12.15 Lesley		Shape & Tone 17.15 – 18.00 Staff				
Saturday		Body Combat 09.30 – 10.15 Amber	Body Pump 10.30 – 11.15 Amber								
Sunday			Circuits 11.15 – 12.00 Staff								



Book a Class today
0131 468 8001
Book up to 6-days in advance