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 **Sandy**	**Pump It Up** 18.00 – 18.45 **George**	**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**	**Flexicore** 20.00 – 20.45 **George**
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**		**Kick Boxing** 17.15 – 18.00 **Dean**				
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