



CARDEN PARK
CHESHIRE'S COUNTRY ESTATE

GROUP FITNESS PROGRAMME – From January 2019

Monday	* ⁽¹³⁾ BODY WORKOUT with Kasia 9:30am – 10:30am	* ⁽¹⁴⁾ YOGA with Lisa 10:30am – 12:00pm	* ⁽¹⁴⁾ ZUMBA GOLD with Mandy 12:00pm – 12:45pm	* ⁽¹²⁾ CIRCUITS with Terry 6:30pm – 7:30pm		
Tuesday	* ⁽²⁰⁾ AQUA FIT with Kasia 9:30am – 10:30am	* ⁽¹⁴⁾ BODY SCULPTING with Maryanne 9:15am – 10:15am	* ⁽¹⁴⁾ PILATES ADVANCED with Maryanne 10:15am – 11:15am	* ⁽¹²⁾ DDMIX with Vivienne 11:30am – 12:30pm	* ⁽¹²⁾ AKTIV TONE with Terry 6:00pm – 7:00pm	
Wednesday	* ⁽¹⁰⁾ AKTIV FIT with Terry 9:30am – 10:30am	* ⁽¹⁴⁾ PILATES BEGINNERS with Maryanne 11:15am – 12:15pm	* ⁽¹⁰⁾ BODY SCULPTING PILATES with Maryanne 12:30pm – 1:30pm	* ⁽¹³⁾ BODY WORKOUT with Terry 6:15pm – 7:15pm	* ⁽¹⁴⁾ PILATES with Shelly 5:30pm – 6:15pm	* ⁽²⁰⁾ AQUA FIT with Shelly 6:15pm – 7:00pm
Thursday	* ⁽²⁰⁾ AQUA YOGA with Vivienne 9:30am – 10:30am	* ⁽¹²⁾ LEGS BUMS & TUMS with Mary 9:30am – 10:30am	* ⁽¹⁴⁾ STRETCH & RELAX with Vivienne 10.45am – 11:30am		* ⁽¹²⁾ VIBE POWER with Terry 6:30pm – 7:30pm	* ⁽¹⁴⁾ YOGA with Vivienne 7:30pm – 8:30pm
Friday	* ⁽¹²⁾ FAT BURN with Terry 9:30am – 10:30am	* ⁽²⁰⁾ AQUA FIT with Kasia 9:30am – 10:30am	* ⁽¹⁴⁾ YOGA with Lisa 10:30am – 11:30am	* ⁽¹⁴⁾ YOGA with Lisa 11:30am – 12:30pm	* ⁽¹²⁾ FREE WEIGHTS/HIIT with Mary 6:00pm – 7:00pm *Starts 20 th April*	* ⁽¹⁴⁾ ZUMBA GOLD with Mandy 7:00pm – 7:45pm

*Please note: Limited numbers in classes