

THORPE PARK
HOTEL & SPA

Class Timetable

For full studio guidelines and terms and conditions
scan the QR code below.



0113 204 4343 | thorpeparkhotel.co.uk | danielthwaites.co.uk



Monday

6:30 - 7:30	Cardio Bootcamp	Paula
8:00 - 9:00	Aqua Aerobics	Ashleigh
9:45 - 10:45	Mindful Movement	Ashleigh
11:00 - 11:45	Stretch & Balance	Wayne
12:00 - 13:00	Mindful Movement	Ashleigh
17:30 - 18:00	Legs, Bums & Tums	Jennie
18:00 - 18:45	Spinning	Jennie
18:45 - 19:30	Circuits	Jennie
19:30 - 20:30	Pilates	Ashleigh

Tuesday

9:15 - 10:00	Step	Debbie
10:00 - 10:45	Barre Fitness	Debbie
10:45 - 11:30	Body Conditioning	Debbie
11:30 - 12:30	Pilates	Ashleigh
18:00 - 18:45	Spinning	Jennie
19:00 - 19:30	HIIT	Jennie
19:30 - 20:30	Flow & Beyond	Wayne

Wednesday

9:15 - 10:15	Spin, Circuit, Tone	Colette
10:15 - 11:00	Zumba	Charlotte
12:00 - 13:00	Yoga	Peter
13:30 - 14:30	Aqua Aerobics	Wayne
18:00 - 18:45	Spinning	Jennie
19:00 - 19:45	Aqua Aerobics	Jennie

Thursday

9:15 - 10:00	Zumba	Charlotte
10:00 - 10:45	LBT	Ashleigh
11:00 - 11:45	Body Tone	Ashleigh
12:00 - 13:00	Pilates	Ashleigh
17:45 - 18:15	Abs Blast	Paula
18:15 - 19:15	Pump FX	Paula
19:15 - 20:00	Dance Aerobics	Lynsey

Friday

6:30 - 7:15	Circuits	Pippa
9:00 - 10:00	Intermediate Pilates	Ashleigh
10:15 - 11:15	Mindful Movement	Ashleigh
11:15 - 12:15	Mindful Movement	Ashleigh
18:00 - 19:00	Flow & Beyond	Wayne

Saturday

9:15 - 10:15	Pump FX	Paula
10:30 - 11:15	Spinning	Jennie

Sunday

10:30 - 11:30	Yoga	Peter
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