

All classes can be booked up to 7 days in advance via our website, telephone, or in person.

For more details on class content, please visit our website www.cottinghamparks.co.uk

Please arrive on time for the class & check in at reception.

If you have booked your child into a 'kids' class, please remain with your child until the class commences.

Please note a standard class time is 45 minutes, Sprint & Cxworx are 30 minute programmes.



Cottingham Parks
golf and leisure club 

01482 846030

enquiries@cottinghamparks.co.uk

www.cottinghamparks.co.uk

Cottingham Parks Golf & Leisure Club,
Woodhill Way,
Cottingham, East Yorkshire,
HU16 5SW

STUDIO TIMETABLE

COMMENCING 2ND JANUARY 2018



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golf and leisure club 

STUDIO TIMETABLE

COMMENCING 2ND JANUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
06:45 – 07:30 SPIN			07:00 – 07:30 SPIN	
			07:30 – 08:00 EXPRESS ABS	
09:15 – 10:00 BODY COMBAT	09:15 – 10:00 BODY PUMP	09:15 – 10:00 BODY COMBAT	09:15 – 10:00 BODY BALANCE	09:15 – 10:15 COMPLETE CONDITIONING
10:00 – 10:45 BODY BALANCE	10:00 – 10:30 CX WORX	10:00 – 10:45 STEP	10:00 – 10:45 BODY PUMP	10:15 – 11:15 ZUMBA
10:45 – 11:30 STEP	10:30 – 11:30 COMPLETE CONDITIONING	10:30 – 11:20 AQUA AEROBICS	10:45 – 11:30 BARRE TONING	11:15 – 12:00 SPIN
11:30 – 12:30 YOGA	11:30 – 12:30 STRICTLY DANCE	10:45 – 11:30 ZUMBA	11:30 – 12:15 LEGS, BUMS & TUMS	11:30 – 12:20 AQUA AEROBICS
12:30 – 13:30 LINE DANCE	13:00 – 14:00 LEGS, BUMS & TUMS	11:30 – 12:20 CARDIO TONING	12:15 – 13:00 DANCEFIT	12:00 – 13:00 YOGALATES
13:30 – 14:15 DANCE	14:00 – 15:00 PILATES	12:30 – 13:30 YOGA	13:00 – 14:00 CIRCUIT	13:00 – 14:00 BODY PUMP
		14:00 – 15:00 PILATES	14:00 – 15:00 TAI CHI	
17:15 – 17:45 GRIT CARDIO	16:15 – 17:00 FAMILY CIRCUIT	18:00 – 19:00 BODY PUMP	16:15 – 17:00 KIDS CIRCUIT	17:30 – 18:15 SPIN
17:45 – 18:15 EXPRESS ABS	18:00 – 18:30 HIIT/GRIT STRENGTH	19:00 – 19:45 SPIN	17:45 – 18:30 CIRCUIT	18:15 – 19:00 GRIT STRENGTH
18:15 – 19:15 BODY PUMP	18:30 – 19:00 SPIN	19:45 – 20:30 PILATES	18:30 – 19:30 BODY COMBAT	
19:15 – 20:00 SPIN	19:00 – 20:00 BODY PUMP		19:00 – 19:50 AQUA AEROBICS	
20:00 – 20:45 YOGA	20:00 – 20:45 BODY BALANCE		19:30 – 20:00 CORE WORKOUT	
			20:30 – 21:30 TAI CHI	

SATURDAY	SUNDAY
07:45 – 08:30 SPIN	
08:30 – 09:15 TOTAL BODY WORKOUT	
09:45 – 10:45 KARATE	09:15 – 10:15 BODY COMBAT
10:45 – 12:45 KARATE	10:30 – 11:30 BODY PUMP
	11:30 – 12:30 BODY BALANCE

**Have you had your
Inclusive Gym Induction
and Goal Setting Session
with one of our wellness
advisors yet?**

Why not pop in the gym and get booked in. Its all included in your membership, and covers a little bit about nutrition, fitness goals, and general healthy lifestyle goals and adaptations which could really help to get 2018 off to a great start.

'THE COMPLETE EXPERIENCE'

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