

Lythe Hill Hotel & Spa

WEEKLY CLASS TIMETABLE



MON

09:15 - Aqua Aerobics - Diana - Swimming Pool
10:00 - Wellness Yoga - Diana - Yoga Studio
16:30 - Qigong - Diana - Pizzeria
17:30 - Seasonal Yoga - Diana - Pizzeria

TUE

08:30 - Legs, Bums, Tums - Jace - Yoga Studio
09:30 - Tai Chi - Glen - Pizzeria
16:00 - HIIT - Jace - Yoga Studio
16:45 - Stretch, Tone & relaxation - Jace - Yoga Studio
18:00 - Kundalini Yoga - Claire - Pizzeria

WED

09:00 - Pilates - Glen - Pizzeria
10:00 - Kettlebells - Glen - Yoga Studio
11:00 - Yoga for Womens Health - Diana - Pizzeria
16:30 - HIIT - Jace - Yoga Studio

THU

17:30 - Circuits - Evelyn - Yoga Studio
18:30 - Yin Yoga - Evelyn - Yoga Studio

FRI

08:15 - Circuits - Evelyn - Yoga Studio
09:00 - Seasonal Advanced Yoga - Diana - Pizzeria
09:15 - Aqua Aerobics - Evelyn - Swimming Pool
10:00 - Yoga for Womens Health - Diana - Pizzeria
11:00 - Pilates - Glen - Pizzeria

