



The Gym

AT THE COUNTRY CLUB

INSTRUCTOR LED FITNESS CLASS TIMETABLE

MONDAY

MORNING

AQUA FIT
11am - 11:45am (45min)

EVENING

CIRCUIT TRAINING
6pm - 7pm (60min)

TUESDAY

MORNING

LEGS, BUMS & TUMS
10:30am - 11:15am (45min)

EVENING

BODY TONE
6pm - 7pm (60min)

WEDNESDAY

EVENING

AMRAP
6pm - 6:45pm (45min)

THURSDAY

MORNING

AQUA FIT
11am - 11:45am (45min)

EVENING

CIRCUIT TRAINING
6pm - 7pm (60min)

SATURDAY

MORNING

BODY TONE
10:30am - 11:30am (60min)

To guarantee your place, all fitness classes must be booked online at:

www.countryclubpatrington.co.uk/bookings/

Please note Aqua Fit is not available during school holidays.

Minimum participants for a class to take place: Fitness classes (3 participants) / Aqua Fit (5 participants)