



**E D E N M O R E**  
COUNTRY CLUB & SPA

# FITNESS TIMETABLE

## 2017

<u>DAY</u>	<u>TIME</u>	<u>CLASS</u>	<u>TYPE</u>	<u>INTENSITY</u>
<b>Monday</b>	06:45 – 07:15	SPIN	Cardio	○○●○○○
	09:30 – 10:00	SPIN	Cardio	○○●○○○
	10:00 – 10:30	AB ATTACK	Strength	○○○●○○
	18:00 – 18:30	SPIN	Cardio	○○○●○○
	18:30 – 19:00	VIPR	Strength	○○○●○○
	19:30 – 20:00	HURRICANE H.I.I.T	Endurance	○○○○●○
<b>Tuesday</b>	09:30 – 10:15	BOXERCISE	Cardio	○○○●○○
	10:15 – 10:30	AB ATTACK	Strength	○○○●○○
	18:00 – 18:30	LEGS, BUMS + TUMS	Strength	○○○●○○
	18:30 – 19:00	DIET SPIN	Cardio	○●○○○○
	19:00 – 20:00	YOGA	Strength	○○●○○○
<b>Wednesday</b>	06:45 – 07:15	SPIN	Cardio	○○○●○○
	09:30 – 10:00	SPIN	Cardio	○○○●○○
	10:00 – 10:30	FUNCTIONAL FITNESS	Strength	○○○●○○
	18:00 – 18:30	SPIN	Cardio	○○○●○○
	18:30 – 19:15	BOXERCISE	Cardio	○○○●○○
	19:30 – 20:00	STRENGTH + CONDITIONING	Strength	○○○●○○
<b>Thursday</b>	09:30 – 10:15	LEGS, BUMS + TUMS	Strength	○○●○○○
	18:00 – 18:30	SPIN	Cardio	○○○●○○
	18:30 – 19:00	HARD H.I.I.T.ING	Endurance	○○○●○○
	19:00 – 19:30	FUNCTIONAL FITNESS	Strength	○○●○○○
	19:30 – 20:30	PILATES	Strength	○○●○○○
<b>Friday</b>	06:45 – 07:15	SPIN	Cardio	○○●○○○
	09:30 – 10:00	SPIN	Cardio	○○○●○○
	10:00 – 11:00	PILATES	Strength	○○○●○○
	18:00 – 18:30	SPIN	Cardio	○○●○○○
	18:30 – 18:45	AB ATTACK	Strength	○○●○○○
<b>Saturday</b>	10:30 – 11:15	CIRCUITS	Cardio/Strength	○○○●○○
<b>Sunday</b>	11:00 – 11:45	SPIN	Cardio	○○○●○○
	11:45 – 12:00	AB ATTACK	Strength	○○○●○○