

# Fitness classes

## Hatchford Brook Golf Course

Accurate as of 17/05/2025

### Times for Monday 1 June



Time	Session	Facility	Instructor
4:30 pm - 5:15 pm	Zumba®	Gym (167948)	Nikki
5:30 pm - 6:15 pm	Pilates	Gym (167948)	Nikki
6:00 pm - 6:45 pm	Cycle Fit	Gym (167948)	Sarah
6:50 pm - 7:10 pm	Abs Blast	Gym (167948)	Sarah
7:15 pm - 7:45 pm	HIIT 360	Gym (167948)	Sarah
8:00 pm - 8:45 pm	Candlelit Vinyasa yoga flow	Gym (167948)	Caroline