

# Fitness classes

## Hatchford Brook Golf Course

Accurate as of 25/04/2024

### Times for Wednesday 3 June



| Time              | Session            | Facility     | Instructor |
|-------------------|--------------------|--------------|------------|
| 7:00 am - 7:45 am | Energise yoga flow | Gym (167948) | Caroline   |
| 4:30 pm - 5:15 pm | Legs, Bums & Tums  | Gym (167948) | Nikki      |
| 5:30 pm - 6:15 pm | Zumba®             | Gym (167948) | Nikki      |
| 6:30 pm - 7:15 pm | Pilates            | Gym (167948) | Kerry      |
| 6:30 pm - 7:15 pm | Cycle Fit          | Gym (167948) | Laura      |