



VOCO®

AN IHG HOTEL

Lythe Hill Hotel & Spa

Gym Class Timetable

MONDAY

8:00 Circuits
9:15 Aqua Aerobics
16:30 Qigong
17:30 Seasonal Yoga

WEDNESDAY

9:00 Yoga
10:00 Kettlebells
11:00 Yoga for Womens
Health
16:30 HIIT Workout

TUESDAY

8:30 Legs, Bums and Tums
9:30 Tai Chi
16:00 HIIT Workout
16:45 Stretch, Tone and
Relaxation
18:00 Kundalini Yoga

THURSDAY

17:30 Circuits
18:30 Yin Yoga

FRIDAY

8:00 Circuits
9:15 Aqua Aerobics
9:15 Seasonal Yoga
13:30 Pilates

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