



Holmer Park Health Club & Spa

Cleeve Orchard
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Hereford
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www.holmerpark.co.uk

Group Fitness Timetable

2018



Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
07.15-07.45 Holmer Spin	07.00-07.45 Yoga	07.15-07.45 Holmer Spin	09.00-09.25 Holmer Attack	07.15-07.45 Holmer Spin	09.30-10.00 Legs, Bums & Tums
09.30-10.15 Holmer Attack	07.15-07.45 Holmer Spin	09.00-09.30 Total Tone	09.30-10.30 Body Pump	09.00-09.25 Legs, Bums & Tums	10.15-11.15 Yoga
10.30-11.15 Holmer Spin	09.30-10.30 Body Pump	09.30-10.15 Pilates	10.30-11.00 Stretch	09.30-10.15 Cardio Step	10.30-11.15 Holmer Spin
10.30-11.15 Dynamic Pilates	10.45-11.15 Beginner Spin	10.30-11.15 Holmer Spin Fitsteps	11.00-11.30 Functional Training	10.30-11.15 Holmer Spin	12.00-12.45 Fitsteps
11.30-12.15 Aqua Fit	10.45-11.30 Dance Fit	11.30-12.30 Yoga	11.00-12.00 Yoga	11.00-12.00 Beginners Yoga	Sunday
12.00-13.00 Yoga	17.30-18.25 Body Balance	12.45-13.30 Barre	11.30-12.15 Aqua Fit	17.30-18.15 Body Balance	
17.30-18.00 20/10	18.30-19.30 Body Combat	17.30-18.00 Box Fit	15.30-16.30 Pilates	18.15-19.00 Body Combat	10.30-11.15 Holmer Spin
18.15-18.45 Beginner Spin	19.00-19.45 Holmer Spin	18.15-19.15 Holmer Pump	17.30-18.00 Kettlebells	19.00-19.30 Holmer Spin	10.30-11.30 Body Combat
18.15-19.15 Body Pump	19.30-20.00 Legs, Bums & Tums	18.30-19.15 Aqua Fit	18.00-18.45 Holmer Attack	19.10-20.10 Yoga	11.30-12.30 Yoga
19.00-19.45 Holmer Spin	20.05-20.35 Body Balance	19.30-20.15 Holmer Spin	19.00-20.00 Pilates	www.holmerpark.co.uk/ Tel: 01432 370 222 Email: info@holmerpark.co.uk	
19.30-20.15 Fitsteps		19.30-20.30 Yoga	19.00-19.45 Holmer Spin		