

**NOTES:**

Please do not enter the health club if you are feeling unwell or have any of the symptoms linked with Covid-19.

Maximum class size is for 16 people  
(dependant on the style and type of class).

The new timetable has limited classes and time restrictions to allow us to follow the latest government guidelines.

There is a 30min gap between all classes to enable deep cleaning of the studio and equipment.

If you have your own mat please bring it with you to your classes along with your own water bottle.

Wherever possible (dependant on the weather) the classes will be taken outside.

We recommend that where possible you should come "fitness ready" and changed for your class, if you need to use the changing rooms please respect 2m distancing and wear a mask if possible.

We recommend masks should be worn in all public areas (i.e. Changing rooms, corridors and in the brasserie).

For our latest guidelines, Covid 19 advice and recommendations please visit:  
[www.thorntonhallhotel.com/spas/covid-19.html](http://www.thorntonhallhotel.com/spas/covid-19.html)

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# FITNESS STUDIO

Schedule • July 2020

# Fitness Timetable

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Monday	Class	Level	Instructor		
7.00 - 7.45	Performance Cycling	A	Les	●●	■
8.30 - 9.15	Pilates	A	Diane	●●	■
9.45 - 10.30	Hop	A	Jacqui	●●	■
11.00 - 11.30	Waist-away Abs	A	Jacqui	●●	■
12.00 - 12.45	Step	A	Vicky	●●	■
1.15 - 2.15	Pilates	A	Diane	●●	■
2.45 - 3.45	Meditative Chi Gung	A	Graeme	○○	■
4.30 - 5.15	Performance Cycling	A	Laura	●●	■
5.45 - 6.15	Absolute Abs	A	Jane	●●	■
6.45 - 7.15	Express Hop	A	Jane	●●	■

Tuesday	Class	Level	Instructor		
6.45 - 7.45	Hatha Yoga	A	Caroline	○○	■
8.45 - 9.15	Performance Cycling	A	Gill	●●	■
9.45 - 10.15	Metafit	A	Gill	●●	■
10.45 - 11.15	Waistaway Abs	A	Gill	●●	■
11.45 - 12.45	Ashtanga Yoga	A	Grace	●○○	■
1.15 - 1.45	Dance Aerobics	A	Grace	●●	■
2.15 - 2.45	Relaxation	A	Carolyn	●●	■
3.15 - 4.15	Physio Based Pilates	A	Katie	○○	■
4.45 - 5.30	HIIT Cycling	A	Jacqui	●●	■
6.00 - 6.30	Express Hop	A	Jacqui	●●	■
7.00 - 7.30	HIIT Step	A	Jane	●●	■

Wednesday	Class	Level	Instructor		
7.00 - 7.45	Performance Cycling	A	Gill	●●	■
8.30 - 9.00	Pure Stretch	G	Gill	○	■
9.30 - 10.00	Waistaway Abs	A	Gill	●●	■
10.30 - 11.00	Dance Aerobics	A	Grace	●●	■
11.30 - 12.15	Hop	A	Grace	●●	■
1.15 - 2.15	Spinal Flex	G	Gill	○	■
2.45 - 3.45	Yoga	A	Val	○○	■
4.15 - 5.15	Pilates	A	Heather	●●	■
5.45 - 6.30	Performance Cycling	A	Sarah	●●	■
7.00 - 7.45	Step	A	Debbie	●●	■

Thursday	Class	Level	Instructor		
7.00 - 7.45	Hop	A	Gill	●●	■
8.15 - 8.45	Performance Cycling	A	Gill	●●	■
9.15 - 9.45	Metafit	A	Gill	●●	■
10.15 - 11.00	Spinal Flexibility	G	Bernie	○	■
11.30 - 12.30	Pilates	A	Heather	●●	■
1.00 - 1.45	Fit Steps	A	Sarah	●●	■
2.15 - 2.45	HIIT Cycling	A	Jacqui	●●	■
3.15 - 3.45	Express Hop	A	Jacqui	●●	■
4.15 - 5.00	Tai Chi	A	Bernie	●○	■
5.30 - 6.00	Performance Cycling	A	Sarah	●●	■
6.30 - 7.00	HIIT Step	A	Jane	●●	■
7.30 - 8.00	Express Hop	A	Jane	●●	■

Friday	Class	Level	Instructor		
7.00 - 7.45	Performance Cycling	A	Graeme	●●	■
8.15 - 9.00	HIIT Cycling	A	Jacqui	●●	■
9.30 - 10.00	Express Hop	A	Jane	●●	■
10.30 - 11.00	HIIT Step	A	Jane	●●	■
11.30 - 12.00	Feel Good Friday	A	Grace	●●	■
12.30 - 1.15	Step	I	Grace	●●	■
2.00 - 3.00	Pure Serenity	G	Bernie	○○	■
5.00 - 5.45	Dance Fit	A	Sue	●●	■
6.15 - 7.15	Hatha Yoga	A	Caroline	●●	■

Saturday	Class	Level	Instructor		
7.45 - 8.30	Performance Cycling	A	Gill	●●	■
9.00 - 9.30	Metafit	A	Gill	●●	■
10.00 - 10.45	Hop	A	Gill	●●	■
11.15 - 12.15	Spinal Flexibility	G	Gill	○	■
12.45 - 1.45	Fit Steps	A	Sarah	●●	■
2.15 - 2.45	Ballet Barre	A	Sarah	●●	■
3.15 - 4.15	Yoga	A	Carolyn	●●	■
5.00 - 6.00	Pilates	A	Diane	●●	■

● Calorie Burning	■ PPL Music Licensing Law
● Resistance	■ PPL (Original Artist)
○ Gentle	■ PPL FREE (Non-Original Artist)

Sunday	Class	Level	Instructor		
7.45 - 8.30	Performance Cycling	A	Conrad	●●	■
9.00 - 9.30	Metafit	A	Laura	●●	■
10.00 - 10.30	Express Hop	A	Laura	●●	■
11.00 - 12.00	Physio Based Pilates	A	Nicki	○	■
12.30 - 1.15	Waistaway Abs	A	Debbie	●●	■
1.45 - 2.15	Ballet Barre	A	Debbie	●●	■
2.45 - 3.45	Vinyasa Flow (Yoga)	I	Sophie	●●	■
6.00 - 7.00	Restorative Yoga	A	Graeme	○○	■

**PLEASE BOOK AT RECEPTION OR ONLINE FOR ALL CLASSES**  
 A - All Adv - Advanced B - Beginners G - Gentle I - Intermediate

*...help us to help you*  
 Book classes online at:  
**thorntonhallhotel.com**

Please remember to cancel your booked class if you are unable to attend, therefore giving other members the opportunity to join a class.

This can be done online or by calling  
**0151 353 0116**

Please note that this timetable is subject to change. Although correct at time of print, please visit our website for up to date information.

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