









CLASS EXPERIENCE DAYS

	STUDIO 1		STUDIO 2		GYM FLOOR		ST.ANDREWS		TENNIS COURT		CARNOUSTIE
	REBOUNDING Vikki - 8:30 - 9:30		PERFORMANCE CYCLE Rob & Dan - 8:30 - 9:30		BLAST John & Nemanja 9:00-9:30		PILATES Lucy G - 9:30 - 10:30		RUN FIT CIRCUITS Silvia & Will - 10:30 - 12:00		ALI SMITH - A PARALYMPIC EXPERIENCE 10:30 - 11:30
	80'S AEROBICS Vikki - 9:30 - 10:30		RHYTHM CYCLE Ralie - 9:30 - 10:30		CALISTHENICS Ben - 9:30 - 10:30		POWER YOGA Max - 10:30-11:30		CARDIO TENNIS/GAMES Micahel - 12:00-1:30		
	TOTAL BODY BLITZ Victoria - 10:30-11:30		PERFORMANCE CYCLE Darren - 10:30-11:30		MEGARACK FUNC. FITNESS Dan & Silvia - 10:30-11:30		ANIMAL LOCO Max - 11:45-12:45		MATCHPLAY 14:00-ONWARDS		ALI SMITH - A PARALYMPIC EXPERIENCE 12:30-1:30
	POLE Zannah - 11:30-12:30		RHYTHM CYCLE Darren - 11:30-12:30		SUSPENSION TRAINING Stacie & Nemanja 11:30-12:30		YOGA NIDRA Zannah - 1:00-2:00				
	PIYO Jess - 12:30-1:30		PERFORMANCE CYCLE Darren - 12:30-1:30		KETTLEBELLS Nemanja & Silvia 12:30-1:30						

PLEASE NOTE: TO BOOK YOUR CLASS PLEASE ASK AT ELEVATION RECEPTION OR VISIT THE WEBSITE WWW.OLDTHORN.COM/HEALTH-CLUB/CLASS-EXPERIENCE-DAY