

KOHLER WATERS SPA FITNESS TIMETABLE

KOHLER
Waters
SPA.
& FITNESS CENTRE

MONDAY 06:00 - 21:00

07:00 – 07:45 | Breakfast Run*

08:00 – 09:00 | Pilates**

08:30 – 09:00 | AquaFit

09:00 – 09:30 | AquaFit

09:00 – 10:00 | Pilates**

10:15 – 11:00 | CoreFit

11:15 – 12:00 | CardioSculpt

17:15 – 18:00 | KettleFit

18:15 – 19:15 | Yoga: Stretch
and Unwind

18:15 – 18:45 | Circuit

TUESDAY 06:00 - 21:00

07:00 – 07:45 | BikeFit

08:30 – 09:15 | AquaZumba

10:15 – 11:00 | Cardio Sculpt

17:15 – 18:00 | BikeFit

18:15 – 18:45 | Circuit

WEDNESDAY 06:00 - 21:00

07:00 – 07:45 | BikeFit

08:30 – 09:00 | AquaFit

08:30 – 09:15 | Beginners Pilates

09:00 – 09:30 | AquaFit

10:00 – 11:00 | Yoga: Hatha Flow

10:15 – 11:00 | Outdoor Training*

11:15 – 11:45 | Stretch and Tone

17:15 – 18:00 | BikeFit

18:15 – 18:45 | CoreFit

THURSDAY 06:00 - 21:00

07:00 – 07:45 | Cardio Sculpt

08:30 – 09:00 | AquaFit

09:00 – 09:30 | AquaFit

10:15 – 11:00 | PreHab

17:15 – 18:00 | BoxFit

18:15 – 18:45 | PumpFit

FRIDAY 06:00 - 21:00

07:00 – 07:45 | BikeFit

08:00 – 09:00 | Pilates**

08:30 – 09:00 | AquaFit

09:00 – 09:30 | AquaFit

09:00 – 10:00 | Pilates**

10:15 – 11:00 | Circuit*

11:15 – 12:15 | Yoga: Vinyasa
Flow

SATURDAY 06:00 - 21:00

09:00 – 09:45 | BikeFit

10:15 – 11:15 | Yoga

SUNDAY 06:00 - 21:00

09:00 – 09:45 | BikeFit

10:15 – 10:45 | Stretch and Tone

In addition to the above we also offer virtual classes in our studio when not in use – enquire at reception

** Outdoor class – Weather dependant*

*** Maximum booking of two pilates classes per week*