

# Fitness Classes Timetable

## MONDAY

▼ 10.00am Gentle Vinyasa Flow Yoga with Sal ▼ 18.30pm Circuits with Bradley

## TUESDAY

▼ 8.00am Aquafit with Diana ▼ 9.30am Powerflow Yoga with Sarah ▼ 10.40am Yoga and Meditation with Sarah

## WEDNESDAY

▼ 8.30am Gentle Vinyasa Flow with Sal ▼ 18.15 Candlelit Vinyasa Flow with Sarah  
▼ 10.00am Body Conditioning with Diana ▼ 19.20 Deep Relaxation with Sarah

## THURSDAY

▼ 10.00am PiYo with Ylva ▼ 18.30pm Circuits with Bradley

## FRIDAY

▼ 9.30am Gentle Vinyasa Flow Yoga with Sal ▼ 11.00am Body Conditioning with Diana

## SATURDAY

▼ 8.30am Aquafit with Diana ▼ 10.00am Pilates on the Ball with Liz ▼ 11.00am Legs, Bums and Tums with Liz

## SUNDAY

▼ 10.30am PiYo with Diana



Ockenden Manor Spa, Cuckfield, West Sussex RH17 5LD  
Tel Spa: 01444 449191 Tel Hotel: 01444 416111  
spa@ockenden-manor.com www.hshotels.co.uk/spa

\*All Classes are subject to a £6 attendance fee, payable on arrival to the class

**BLOCK BUY!!! 8  
Classes for the  
price of 7 (£42)**

