

Fitness at Skylark

CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SALSA FIT 09:30 - 10:30	BATTLEROPES 07:00 - 07:30	CIRCUITS 07:00 - 07:30	HIIT 07:00 - 07:30	ZUMBA 09:30 - 10:15	YOGA FIT 09:15 - 10:00	CIRCUITS 10:30 - 11:15
HULA & CORE 10:30 - 11:15	CIRCUITS 09:45 - 10:30	LBT 09:30 - 10:15	BODYBLAST 09:30 - 10:15	AQUA 09:30 - 10:15	PILATES (MIXED ABILITY) 10:05 - 10:50	CORE & CARDIO 12:00 - 12:45
HIIT 17:30 - 18:00	AB BLAST 10:45 - 11:15	AQUA 09:30 - 10:15	PILATES (INTERMEDIATE) 13:30 - 14:15	YOGA RELAX 10:30 - 11:15	BATTLEROPES 13:00 - 13:30	
CIRCUITS 18:00 - 18:45	PILATES (INTERMEDIATE) 12:00 - 12:45	IYENGAR YOGA 10:30 - 12:00	FLEX & STRETCH 14:15 - 15:00	PILATES (MIXED ABILITY) 11:30 - 12:15	BODYBLAST 13:30 - 14:00	
AQUA 18:30 - 19:15	PILATES (MIXED ABILITY) 12:50 - 13:35	BATTLEROPES 17:30 - 17:50	BODYBLAST 17:30 - 18:15	IYENGAR YOGA 12:30 - 13:30		
COMBAT 19:00 - 20:00	HIIT 17:30 - 18:00	CIRCUITS 18:00 - 18:45	PILATES (MIXED ABILITY) 18:15 - 19:00	CIRCUITS 17:30 - 18:15		
	PUMP 18:05 - 19:05	AQUA 18:30 - 19:15	YOGA FIT 19:00 - 19:45			
		PILATES (MIXED ABILITY) 19:00 - 19:45	LBT 20:00 - 20:45			

● ACTIVE
 ● DANCE
 ● MIND & BODY
 ● STRENGTH
 ● SWIMMING

Book classes online, at reception or by telephone. Pre booking of classes is available up to 14 days in advance.

Swimming at Skylark

POOL TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:15 - 09:00 ADULT ONLY	06:15 - 09:00 ADULT ONLY	06:15 - 09:30 ADULT ONLY	06:15 - 09:00 ADULT ONLY	06:15 - 09:30 ADULT ONLY	08:15 - 10:00 ADULT ONLY	08:15 - 10:00 ADULT ONLY
09:00 - 12:00 SWIM FOR ALL	09:00 - 12:00 SWIM FOR ALL	09:30 - 10:15 AQUA	09:00 - 12:00 SWIM FOR ALL	09:30 - 10:15 AQUA	10:00 - 12:00 SWIM FOR ALL	10:00 - 12:00 SWIM FOR ALL
12:00 - 14:00 ADULT ONLY	12:00 - 14:00 ADULT ONLY	10:15 - 14:00 ADULT ONLY	12:00 - 14:00 ADULT ONLY	10:15 - 14:00 ADULT ONLY	12:00 - 14:00 ADULT ONLY	12:00 - 14:00 ADULT ONLY
14:00 - 18:00 SWIM FOR ALL	14:00 - 18:00 SWIM FOR ALL	14:00 - 18:00 SWIM FOR ALL	14:00 - 18:00 SWIM FOR ALL	14:00 - 18:00 SWIM FOR ALL	14:00 - 18:00 SWIM FOR ALL	14:00 - 18:00 SWIM FOR ALL
18:00 - 18:30 ADULT ONLY	18:00 - 21:30 ADULT ONLY	18:00 - 18:30 ADULT ONLY	18:00 - 21:30 ADULT ONLY	18:00 - 21:30 ADULT ONLY	18:00 - 19:30 ADULT ONLY	18:00 - 19:30 ADULT ONLY
18:30 - 19:15 AQUA		18:30 - 19:15 AQUA				
19:15 - 21:30 ADULT ONLY		19:15 - 21:30 ADULT ONLY				

● SWIMMING CLASS

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