



**Carton House**  
HOTEL · GOLF · LEISURE

Monday	Tuesday	Wednesday	Thursday
	8am PT Session		8am PT Session
	9am PT Session		9am PT Session
9.45am Circuit Class (Max 16) 45 Minutes		9.45am HIIT Blitz (Max 16) 30 Minute	9.45am H.I.I.T. Class (Max 16) 45 Minutes
	10am Beginners Resistance Training (Max 12) 30 Minutes	10.20am Ab Blast (Max 16) 15 Minute	
10.45am Aqua Aerobics (Max 22) 30 Minutes	10.45 PT Training		10.45am Aqua Aerobics (Max 22) 30 Minutes
		11am Stretch & Core (Max 16) 45 Minutes	
	11.30 PT Session		
11.45am Stretch & Core (Max 16) 30 Minutes			11.45am Assessment
13.10pm Assessment	13.10pm Assessment	13.10pm Assessment	13.10pm Assessment
14.00pm PT Session	14.00pm PT Session	14.00pm PT Session	14.00pm PT Session
15.00pm PT Session	15.00pm PT Session	15.00pm PT Session	15.00pm PT Session
16.00pm PT Session	16.00pm PT Session	16.00pm PT Session	16.00pm PT Session
17.15pm PT Session	17.00pm PT Session	17.15pm Assessment	17.00pm PT Session
18.00pm Assessment	18.00pm PT Session	18.00pm PT Session	
19.00pm Circuit Class (Max 16) 45 Minutes		19.00pm H.I.I.T. Class (Max 16) 45 Minutes	

**Effective from September 2018 (subject to change)**

H.I.I.T. Class = High Intensity Interval Training