



**CARTON HOUSE**  
SPA & WELLNESS

<b>GYM TIMETABLE</b>			
Effective October 2019 (subject to change) HIIT = High intensity interval training			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	8.00 PT session		8.00 PT session
	8:45 PT session		8:45 PT session
9:45 Circuit class <i>(max 16)</i> 40 minutes	9:30 PT session	9:45 H.I.I.T blitz & ab blast <i>(max 16)</i> 40 minutes	9.45 H.I.I.T class <i>(max 16)</i> 40 minutes
10:45 Aqua aerobics <i>(max 22)</i> 30 minutes	10:45 Beginners resistance training <i>(Max 12)</i> 30 minutes	10:45 Aqua aerobics <i>(Max 22)</i> 30 minutes	10:45 Beginners resistance and core training (max 12) 30- 35 minutes
	11:30 PT session	11:30 PT session	
11:45 Stretch & core <i>(max 16)</i> 30 minutes			11.45 assessment
13:10 assessment	13:10 assessment	13:10 assessment	13.10 assessment
14:00 PT session	14:00 PT session	14:00 PT session	14.00 PT session
15:00 PT session	15:00 PT session	15:00 PT session	15.00 PT session
16:00 PT session	16:00 PT session	16:00 PT session	16.00 PT session
17:00 PT session	17:00 PT session	17.00 assessment	17.00 PT session
18:00 assessment		18:00 PT session	
19:00 circuit class <i>(max 16)</i> 40 minutes		19:00 H.I.I.T class <i>(max 16)</i> 40 minutes	