

auchrannie hotel & spa leisure

classes 2009

Monday

SENIOR FITNESS - 10am to 11am (GYM)
CIRCUIT TRAINING - 6 to 7.15pm (GYM)

Tuesday

SENIOR FITNESS - 10am to 11am (GYM)
PULMONARY REHAB - 12 to 1pm (GYM)
LEGS, BUMS & TUMS - 6 to 6.45pm (STUDIO)



Wednesday

AQUAFIZZ - 9.45 to 10.30am (HOT POOL)
YOGALATES - 10 to 11am (STUDIO)
SCHOOL SWIMMING (from Aug) - 12.30 to 1pm (HOT)
CIRCUIT TRAINING - 6 to 7.15pm (GYM)
HOCKEY - 7 to 8pm (GAMES HALL)



SCHOOL SWIMMING (from Dec) - 9.30 to 11.30am (H)
SENIOR FITNESS - 10am to 11.00am (GYM)
CARDIAC REHAB - 2 to 3pm (GYM)
PILATES - 6 to 7pm (STUDIO)



Friday

AQUAFIZZ - 9.45 to 10.30am (HOT POOL)
YOGALATES - 10am to 11am (STUDIO)
AOER SCHOOL GROUP - 12 to 1pm (SPA POOL)

Saturday

KARATE - 11.30 to 12.30pm (GAMES HALL)
FAMILY GAMES - 3 to 4pm (kids & adults) (GAMES HALL)
FUN IN THE POOL - 4 to 5pm (all the family) (SPA POOL)

Sunday

FAMILY GAMES - 3 to 4pm (kids & adults) (GAMES HALL)
FUN IN THE POOL - 4 to 5pm (all the family) (SPA POOL)

Mon - Thur

SWIMMING LESSONS - 4 to 5.30pm (HOTEL & SPA)
Contact Sally Hunter, 600952, for details on lessons

7 days/week

INDUCTIONS, FITNESS TESTING & PROGRAMME

AUCHRANNIE RESORT

Tel Brodick 302234 EXT 4755

RULES & CONDITIONS APPLY

