

Amarna Class Timetable

Please sign up for classes at reception. Bookings can be made one week prior to the class; classes are free to Amarna members. Please contact the Spa on 01428 744860 to book or for further details.

Bring a friend to a class for £5.00 except Aquacize which is £7.50

Zumba is £5.00 for all participants

<u>DAY</u>	<u>TIME</u>	<u>CLASS</u>
Monday	8.00 - 9.00 am	Tai Chi Qi Gong
	9.30 - 10.30 am	Yoga
	5.45 - 6.45 pm	Aquacize
Tuesday	7.00 - 8.00 pm	Circuit Training
	9.00 - 10.00 am	Fit Yogalates
	7.00 - 8.00 pm	Zumba
Wednesday	9.00 - 10.00 am	Pilates
	10.00 - 11.00 am	Aquacize
	7.00 - 8.00 pm	Boxercise
Thursday	8.30 - 9.30 am	Yoga
	6.30 - 7.30 pm	Tai Chi Meditation
Friday	10.00 - 11.00 am	Aquacize

We very much look forward to seeing you at our classes.

Amarna Spa