

THE MOLE
RESORT

SUMMER GROUP EXERCISE CLASSES

Choose from a wide range of Exercise Classes to suit every ability and every goal. Whether you want to lose weight, improve strength, relax or simply have fun with others, there's something for everyone.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 – 7:45am Spin Cycle	8:00 – 8:45am Low Impact Full Body	7:00 – 7:45am HIIT	8:00 – 8:45am Low Impact Full Body	9:30 – 10:15am Spin Cycle
9:30 – 10:15am Legs Bums & Tums	10:30am – 11:15am Studio Pump	9:30 – 10:15am Legs Bums & Tums	9:30 – 10:15 am Circuits	10:45 – 11:30am Aqua Fit
10:45am – 11:30am Aqua Fit	6:00 – 6:45pm Functional Fitness	6:00 – 6:45 pm Yoga	6:15 – 7:00 pm Mole Come Dancing	6:00 – 6:45pm Functional Fitness
6:15 – 7:00 pm Mole Come Dancing		6:00 – 6:45 pm Aqua Fit	7:00 – 7:45 pm Stretch & Tone	
7:00pm – 7:45pm Stretch & Tone		7:00pm – 7:45pm Spin		

HOW TO BOOK

Book online via our members portal, call us on 01769 540561 (option 4) or speak to a team member on reception.