

# THE MOLE

RESORT

## WINTER 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 <b>Spin Cycle</b>	8:00 – 8:45am <b>LBT (Low impact)</b>	7:00 – 7:45am <b>HIIT</b>	7:00 – 7:45am <b>Spin Cycle</b>	9:30 – 10:15am <b>Spin Cycle</b>
9:30 – 10:15am <b>Legs Bums &amp; Tums</b>	9:30am – 10:15am <b>Studio Pump</b>	9:30 – 10:15am <b>Legs Bums &amp; Tums</b>	9:30 – 10:15 am <b>Circuits</b>	10:45 – 11:30am <b>Aqua Fit</b>
10:45am – 11:30am <b>Aqua Fit</b>		5:30 – 6:15pm <b>Spin cycle</b>	6:15 – 7:00 pm <b>Mole Come Dancing</b>	
6:15 – 7:00pm <b>Mole Come Dancing</b>		6:15 – 7:15 pm <b>Yoga</b>	7:00 – 7:45 <b>Stretch &amp; Tone</b>	
7:00pm – 7:45pm <b>Stretch &amp; Tone</b>				

### HOW TO BOOK

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

**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 <b>Spin Cycle</b>	8:00 – 8:45am <b>LBT (Low impact)</b>	7:00 – 7:45am <b>HIIT</b>	7:00 – 7:45am <b>Spin Cycle</b>	9:30 – 10:15am <b>Spin Cycle</b>
9:30 – 10:15am <b>Legs Bums &amp; Tums</b>	10:30am – 11:15am <b>Studio Pump</b>	9:30 – 10:15am <b>Legs Bums &amp; Tums</b>	9:30 – 10:15 am <b>Circuits</b>	10:45 – 11:30am <b>Aqua Fit</b>
10:45am – 11:30am <b>Aqua Fit</b>		6:15 – 7:15 pm <b>Yoga</b>	6:15 – 7:00 pm <b>Mole Come Dancing</b>	
6:15 – 7:00pm <b>Mole Come Dancing</b>		6:30 – 7:15pm <b>Aqua Fit</b>	7:00 – 7:45 <b>Stretch &amp; Tone</b>	
7:00pm – 7:45pm <b>Stretch &amp; Tone</b>				

## HOW TO BOOK

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