

STUDIO FITNESS EVENTS

MAY 2025

THE NICI
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY	Strength Circuit 6.45 – 7.30 7.35 – 8.20 12th May Jo	Pilates 6.45 – 7.45 Claire	Astanga Yoga 7.15 – 8.15 Julia Coming May/June	Pilates 7.15 – 8.15 15th May Jessica	Hatha Yoga 6.45 – 7.45 Julia B	Power Pilates 7.30 – 8.30 14th June Danielle	
	Pilates 9.30 – 10.30 Casey	Pilates 9.30 – 10.30 Martine	Power Pilates 9.30 – 10.30 Danielle Coming May/June	Yoga 9.45 – 10.45 Julia	Strength Circuit 9.00 – 9.45 Jo	Spinning 8.45 – 9.30 Megan/Amy	Spinning 8.45 – 9.30 Scott Coming May/June
MORNING	Barre 12.25 – 13.10 Casey	Spinning 10.45 – 11.30 6th May Amy	Aqua Fit 10.30 – 11.15 Victoria	Spinning 11.15 – 12.00 1st May Julia B	Yoga 10.00 – 11.00 Julia	Stretch 10.00 – 11.00 Veronique	Yoga Flow 10.00 – 11.00 Grace
	Hatha Yoga 13.15 – 14.15 Jo		Mindfulness Pilates 12.00 – 13.00 4th June Bev	Hatha Yoga 12.45 – 13.45 Julia B	Aqua Fit 11.30 – 12.30 Lynn	Stretch 11.00 – 12.00 Veronique	Power Pilates 11.00 – 12.00 4th May Danielle
AFTERNOON	Aqua Fit 13.30 – 14.15 Victoria			Nidra Breathing & Meditation 13.50 – 14.20 22nd May Julia B	Pilates 11.30 – 12.30 Casey		
	Pilates 17.30 – 18.30 Claire	South Bath 18.00 – 19.00 Julia	Vinyasa Yoga 18.30 – 19.30 Grace	Sound Bath 17.00 – 18.00 Julia	Pilates 17.30 – 18.30 16th May Louise		
		Stretch 18.00 – 19.00 6th May Veronique					
EVENING							

 ICON Member classes only

 NEW! Classes for all