

# Springs Class Timetable



All classes are now booked via the Technogym MyWellness app, available from Google Play or your App Store.

Should you need any assistance with this, please speak to a member of our team or visit the dedicated Members' Area at [celtic-manor.com](http://celtic-manor.com)

Springs classes take place in our hotel conference rooms, therefore days and times of individual classes may alter due to room availability. Please ensure you pre-book your place to attend classes to receive communication about any changes.

Please note that you will need to bring your own exercise mat with you to classes where required.

All swimming lessons should be booked via Swimtime.

Monday	Wednesday	Thursday	Friday	Sunday
Pilates 1000 - 1045	Aqua Aerobics 1000 - 1045		Aqua Aerobics 1000 - 1045	
Aqua HIIT 1100 - 1130				
Aqua HIIT 1140 - 1210				
				Swimming Lessons 1300 - 1630
Total Body Conditioning 1800 - 1845	HIIT and Core 1800 - 1845	Step, Bums and Tums 1800 - 1845	Swimming Lessons 1700 - 1830	
			Spin 1930 - 2015 (Forum Health Club)	

CYCLING	HIGH INTENSITY CLASS	VIRTUAL CLASS	STRENGTH & CONDITIONING
MIND & BODY	WATER BASED ACTIVITY	CARDIO	DANCE