

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

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 to be booked via Swimtime and Swimkidz.

| Monday | Tuesday | Wednesday | Thursday | Friday | Sunday |
|---|----------------------------|------------------------------|---------------------------------------|---|------------------------------------|
| Pilates 1000 - 1045 | Swim Babies 1000 - 1200 | Aqua Aerobics 1000 - 1045 | Swim Babies 1000 - 1200 | Aqua Aerobics 1000 - 1045 | |
| Aqua HIIT 1100 - 1130 | | | Pilates 1015 - 1100 | | |
| Aqua HIIT 1140 - 1210 | | | | | |
| | | | | | Swimming Lessons 1300 - 1600 |
| | | | Swimming Lessons 1700 - 1830 | | |
| Total Body Conditioning 1800 - 1845 | Boxerfit 1800 - 1845 | | Step, Bums and Tums 1800 - 1845 | | |
| | | | | Spin 1930 - 2015 (Forum Health Club) | |

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