PRICELIST

Members (inclusive)
Residents £ 7.00
Non-Members £ 10.00

Non-Member Loyalty Card: Buy 9 classes get the 10th FREE

Members can book at Leisure reception, by telephone, email or online via the hotel website 7 days in advance of each class.

Non-members can book at Leisure reception or by telephone 5 days in advance of each class.

All classes must be paid for at Leisure reception prior to the class.

THE HEALTH & FITNESS CLUB
at Bedford Lodge Hotel & Spa

01638 666075
Bury Road, Newmarket, Suffolk CB8 7BX
fitness@bedfordlodgehotel.co.uk
WWW.BEDFORDLODGEHOTEL.CO.UK

GET ACTIVE

CLASS TIMETABLE

FITNESS STUDIO CLASSES



the health & fitness club
BEDFORD LODGE HOTEL

FITNESS STUDIO CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:45 - 07:30 Strong Pilates with Robert	06:45 - 07:30 Spin with Sarah	06:45 - 07:30 Boxing HIIT with Robert		06:45 - 07:30 Spin with Sarah	08:00 - 09:00 Step with Helen	
	07:45 - 08:30 Fitness Pilates with Sarah	08:15 - 09:15 Yoga with Elena	08:30 - 09:15 Ballet with Rori	07:35 - 08:20 Core with Sarah	09:00 - 10:00 Yoga with Natalia or Rebecca	
09:20 - 10:20 Fitness Pilates with Tasha	09:10 - 10:10 Yoga with Marta	09:20 - 10:20 Fitness Pilates with Tasha		09:00 - 09:45 Aqua with Sarah		
10:25 - 11:25 Lift Lean Fitness with Tasha	10:15 - 11:00 Jazz with Rori	10:25 - 11:25 Lift Lean Fitness with Tasha	10:45 - 11:45 Yoga with Natalia	09:15 - 10:00 Strength/Tone with Rori		
11:30 - 12:15 Dance Fit with Tasha		11:35 - 12:20 Aqua with Tasha		10:15 - 11:15 Vinyasa Yoga with Natalia		
17:30 - 18:15 HIIT with Helen	17:30 - 18:15 LBT with Helen					17:00 - 18:00 Yoga with Elena
18:15 - 19:15 Spin with Helen	18:15 - 19:15 Pilates with Helen	18:00 - 18:45 Spin with Sam	17:30 - 18:15 Strong Pilates with Robert	17:30 - 18:15 Circuit HIIT with Helen		
19:15 - 20:00 Pilates with Helen	19:15 - 20:15 Yoga with Elena	19:00 - 20:00 Yogalates with Elena	18:15 - 19:00 Boxing HIIT with Robert			

Cardio and Calorie Burning
Classes meant to raise your heart rate and burn calories.

Toning
Classes that work specific muscle groups to improve fitness.

Relaxation and Meditation
Lower intensity classes that realign body and mind.

Timetables will be reviewed periodically and classes may be subject to change without notice.

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