

KIMPTON
CHARLOTTE
SQUARE
HOTEL & SPA

FITNESS CLASSES

TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

CIRCUIT
13:00 - 13:30

PILATES
12:30 - 13:15

BOOTCAMP
13:00 - 13:30

YOGA
18:00 - 19:00

HIIT
18:00 - 18:30

YOGA
18:00 - 19:00

FRIDAY

SATURDAY

SUNDAY

RUN CLUB
08:30 - 10:00

MEDITATION
18:00 - 18:45