

HOAR CROSS HALL

Fitness Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:30 - 9:00 Tabata ■		8:30 - 9:00 Tabata ■	8:30 - 9:00 Tabata ■		
9:15 - 10:00 Lift ■	9:15 - 10:00 Ride ■	9:15 - 10:00 Hybrid ■	9:15 - 10:00 Ride ■	9:15 - 10:00 Hybrid ■	9:15 - 10:00 Ride ■	9:15 - 10:00 Tabata ■
10:15 - 11:00 Dance Fit ■	10:15 - 11:00 L.B.T ■	10:15 - 11:00 Dance Fit ■	10:15 - 11:00 Dance Fit ■	10:15 - 11:00 Dance Fit ■	10:15 - 11:00 Lift ■	10:15 - 11:00 Lift ■
11:15 - 12:15 Cardio Tennis	10:15 - 11:15 Pilates ■	10:15 - 11:15 Pilates ■		10:15 - 11:15 Pilates ■	10:15 - 11:15 Pilates ■	
11:15 - 12:00 Axe Throwing	11:15 - 12:00 Axe Throwing	11:15 - 12:00 Axe Throwing	11:15 - 12:00 Axe Throwing	11:15 - 12:00 Axe Throwing	11:15 - 12:00 Axe Throwing	11:15 - 12:00 Axe Throwing
11:30 - 12:30 Reformer Pilates* ■	11:30 - 12:30 Reformer Pilates* ■	11:30 - 12:30 Reformer Pilates* ■	11:30 - 12:30 Reformer Pilates* ■	11:30 - 12:30 Reformer Pilates* ■	11:30 - 12:30 Reformer Pilates* ■	11:30 - 12:30 Reformer Pilates* ■
11:30 - 12:30 Yoga ■	11:30 - 12:30 Yoga ■	11:30 - 12:30 Yoga ■	11:30 - 12:30 Yoga ■	11:30 - 12:30 Yoga ■	11:30 - 12:30 Yoga ■	11:30 - 12:30 Yoga ■
13:45 - 14:30 Archery	13:45 - 14:30 Archery	13:45 - 14:30 Archery	13:45 - 14:30 Archery	13:45 - 14:30 Archery	13:45 - 14:30 Archery	13:45 - 14:30 Archery
15:30 - 16:30 Yoga ■	15:30 - 16:30 Yoga ■	15:30 - 16:30 Pilates ■	15:30 - 16:30 Yoga ■	15:30 - 16:30 Yoga ■		15:00 - 16:00 Reformer Pilates*
	16:00 - 17:00 Reformer Pilates* ■	18:30 - 19:30 Reformer Pilates* ■	16:30 - 17:00 Yoga Relax ■	16:30 - 17:30 Reformer Pilates* ■		16:00 - 17:00 Yoga ■
18:30 - 19:30 Yoga ■	18:30 - 19:15 Class of the Week ■	18:30 - 19:30 Yoga ■				

■ MAIN STUDIO 1

■ HOLISTIC STUDIO 2

■ GYM STUDIO 3

* £20 per person

Find out more about our classes

RIDE

A group indoor cycling class that uses signature Technogym spinning bikes and is designed to combine high intensity cardio with endurance to rhythmic beats. This 45-minute journey will push your stamina to the limit as you lose yourself in the music during your ride.

LIFT

Designed by the team of Hoar Cross Hall experts, LIFT uses a variety of equipment to support you in building strength through resistance movement. Under the guidance of our HCH trainers, you will be supported on your form and technique, as you Squat, Press and Lunge to a stronger version of yourself.

HYBRID

Sculpt your body across a range of strength-based movements, as HYBRID uses high intensity conditioning exercises within a series of timed intervals. This class focuses on movement, strength and cardiovascular training in one exciting group class.

TABATA

A 30-minute blast using only your own body weight, TABATA training will energise you in an action-packed workout designed to optimise fat burning through classic interval training. A maximum of 6 people per class to ensure total concentration.

YOGA

Energise and revitalise yourself so your mind and body are working as one. Led by our Yoga experts, calm meets strength and flexibility as you take the pace out of life.

FITNESS PILATES

Push yourself to new levels as you use body weight to teach your brain and body how to work together. This floor-based workout provides a platform to develop postural alignment, strength and endurance.

HOAR CROSS HALL

Wellness Class Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10.00-10.30 12.00-12.30 14.45-15.15 Water Meditation ■		15.30-16.00 Water Meditation ■		15.30-16.00 Water Meditation ■		
10.45-11.15 Meditation ■						
11.30-12.00* ELEMIS Skin Secrets Workshop* ■	11.30-12.00* ELEMIS Skin Secrets Workshop* ■	11.30-12.00* ELEMIS Skin Secrets Workshop* ■	11.30-12.00* ELEMIS Skin Secrets Workshop* ■	11.30-12.00* ELEMIS Skin Secrets Workshop* ■	11.30-12.00* ELEMIS Skin Secrets Workshop* ■	11.30-12.00* ELEMIS Skin Secrets Workshop* ■
13.30-14.20 Sound Healing* ■		14.00-14.50 Sound Healing* ■		14.00-14.50 Sound Healing* ■		
15.00-15.30 VOYA Sleep Session ■	15.00-15.30 VOYA Sleep Session ■	15.00-15.30 VOYA Sleep Session ■	15.00-15.30 VOYA Sleep Session ■	15.00-15.30 VOYA Sleep Session ■	15.00-15.30 VOYA Sleep Session ■	15.00-15.30 VOYA Sleep Session ■
15.00-15.10 Aufguss Sauna Ritual ■	15.00-15.10 Aufguss Sauna Ritual ■	15.00-15.10 Aufguss Sauna Ritual ■	15.00-15.10 Aufguss Sauna Ritual ■	15.00-15.10 Aufguss Sauna Ritual ■	15.00-15.10 Aufguss Sauna Ritual ■	15.00-15.10 Aufguss Sauna Ritual ■
15.30-16.00 ELEMIS Skin Secrets Workshop* ■	15.30-16.00 ELEMIS Skin Secrets Workshop* ■	15.30-16.00 ELEMIS Skin Secrets Workshop* ■	15.30-16.00 ELEMIS Skin Secrets Workshop* ■	15.30-16.00 ELEMIS Skin Secrets Workshop* ■	15.30-16.00 ELEMIS Skin Secrets Workshop* ■	15.30-16.00 ELEMIS Skin Secrets Workshop* ■
19.30-20.00 VOYA Sleep Session ■	19.30-20.00 VOYA Sleep Session ■	19.30-20.00 VOYA Sleep Session ■	19.30-20.00 VOYA Sleep Session ■	19.30-20.00 VOYA Sleep Session ■	19.30-20.00 VOYA Sleep Session ■	19.30-20.00 VOYA Sleep Session ■
19.45-19.55 Aufguss Sauna Ritual ■	19.45-19.55 Aufguss Sauna Ritual ■	19.45-19.55 Aufguss Sauna Ritual ■	19.45-19.55 Aufguss Sauna Ritual ■	19.45-19.55 Aufguss Sauna Ritual ■	19.45-19.55 Aufguss Sauna Ritual ■	19.45-19.55 Aufguss Sauna Ritual ■

■ RELAXATION STUDIO ■ JUNIPER LOG SAUNA ■ SANCTUM ■ ELEMIS SPA BAR

* Booking Required via Spa Reception

Find out more about our classes

SOUND HEALING

Effortlessly blending ancient meditation modalities and clinical hypnotherapy techniques to guide you into a state of complete bliss. Just lie down, close your eyes and surrender to the crystal sound waves washing over your body. Flow along to Valeria's guidance and sink into this session of ease. You will be left feeling beautifully relaxed and inspired.

AUFGUSS SAUNA RITUAL

Experience our new multi-sensory ritual, a traditional sauna experience guided by our dedicated Sauna Masters to invigorate the mind and body. Combining heat, scent and sound, this blissful ritual will leave you physically and mentally revived.

VOYA SLEEP SESSION

With the use of aromatherapy and guided meditation, follow a step-by-step guide to the perfect night-time routine with VOYA experts, using award-winning body products that deeply nourish, hydrate and ease tension. Allow your senses to be soothed as you unwind, enveloped in pure tranquillity. When we sleep, our skin cells repair damage and remove toxins – making sleep the ultimate beauty secret.

ELEMIS SKIN SECRETS WORKSHOP

Join our ELEMIS Skin Experts for the perfect introduction to ELEMIS. Whether you're looking to recharge, resurface or rejuvenate, this customised interactive experience provides you with the perfect routine for healthy-looking, glowing skin.

WATER MEDITATION

Experience the Synergy between Sound and Water to Reset, Recharge and shift your mindset.

Float upon a Hammock while immersing yourself in sound healing by the water. Sound Healing is an ancient practice that uses vibrations of sound to improve both your emotional and physical wellbeing.

MEDITATION

guided meditations that use gentle hypnotic language to lead guests into profound states of relaxation and inner awareness. Valeria's sessions are designed to quiet the thinking mind, soothe the nervous system, and create space for subtle yet meaningful transformation.