

THE FITNESS CLUB

HILLGROVE HOTEL

CLASS TIMETABLE 2026

OPENING HOURS

MONDAY - THURSDAY | 6.30AM-9.30PM

FRIDAY | 6.30AM-8.00PM

SATURDAY | 7.30AM-6.30PM

SUN & BANK HOLIDAY MON | 8AM-6.30PM

(LAST OUT OF POOL & GYM 15 MINS PRIOR TO CLOSING)

CHILDRENS HOURS

MONDAY-FRIDAY 2PM-7PM, WEEKENDS & BANK HOLIDAYS

9AM-6.30PM, HOLIDAY PERIODS MONDAY - FRI 9AM-7PM

MONDAY

STRETCH & FLEXIBILITY	09:15AM-10:00AM
AQUA	10:00AM-10:45AM
CIRCUITS	06:00PM-06:45PM
YOGA	07:00PM-07:45PM
CONDITIONING	07:30PM-08:15PM

GYM & SWIM PT'S AVAILABLE

TUESDAY

GROVE FIT	07:00AM - 07:45AM
CIRCUITS	09:30AM - 10:15AM
STRETCH & FLEXIBILITY	06:00PM - 06:45PM
SPINNING	07:00PM - 07:45PM
AQUA	08:00PM - 08:45PM

GYM & SWIM PT'S AVAILABLE

WEDNESDAY

SPINNING	06:30AM - 07:15AM
CIRCUITS	09:15AM - 10:15AM
AQUA	10:00AM - 10:45AM
CONDITIONING	06:00PM - 06:45PM
YOGA	07:00PM - 07:45PM
BOX FIT	07:30PM - 08:15PM

GYM & SWIM PT'S AVAILABLE

THURSDAY

GROVE FIT	06:30AM - 07:15AM
STRENGTH	09:30AM - 10:15AM
STRETCH & FLEXIBILITY	06:00PM - 06:45PM
WOMEN IN POWER	07:00PM - 07:45PM
AQUA	08:00PM - 08:45PM

GYM & SWIM PT'S AVAILABLE

FRIDAY

STRETCH AND FLEXIBILITY	09:15AM -10:00AM
AQUA	10:00AM -10:45AM
SPINNING	06:00PM-06:45PM

GYM & SWIM PT'S AVAILABLE

Please email thefitnessclub@hillgrovehotel.com or call 04773232 to make a booking.