





















Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07.30 - 08.15 Spin	07.30 - 08.15  Level Up Spin	07.30 - 08.15  Level Up Spin	07.30 - 08.15  Level Up Spin	07.30 - 08.15 Spin	09.30 - 10.15 Spin	10.00 - 10.45  Level Up Spin
10.15 - 11.00 Circuits	09.00-11.00 Water Babies Swimming Lesson	11.30 - 12.45  Level Up PT	10.15 - 11.00  Level Up Yoga	09.30 - 10.30 Step Aerobics	10.30 - 11.30 Yoga (Lynda)*	
11.00 - 11.45  Level Up Yoga	10.00 - 11.00 Yoga (Lynda)*	11.30 - 12.15 Aqua (Lynda)			12.30 - 13.15  Level Up PT	
12.00-14.30 Water Babies Swimming Lesson						
17.15 - 18.00  Level Up Spin	17.15 - 18.00 Spin	17.30 - 18.15 Level Up Spin	18.15 - 19.15 Yoga (Emma)	17.30 - 18.15  Level Up HIIT	16.00 - 16.45  Level Up HIIT	16.00 - 16.45  Level Up Yoga
18.00 - 18.45  Level Up PT	18.15 - 19.00  Level Up PT	18.00 - 19.00 Aerobics (Claire)	18.30 - 19.15  Level Up PT	18.15 - 19.00  Level Up Yoga	17.30 - 18.15  Level Up Spin	17.30 - 18.15  Level Up Spin
18.00 - 19.00 Pilates (Ellie)		19.00 - 20.00 Bootcamp	19.30 - 20.15 Spin	 <p>Level Up - Small group PT is a new membership add-on that offers real results! All the benefits of personal training in a small group of like-minded people. Science-based training including weigh-ins & body MOTs, along with our NEW Level Up virtual Classes.</p> <p>To take advantage of classes please book in at reception. Gym members can book classes online. Virtual classes for non Level Up members: £15. Hotel guests: £8.</p>		
19.00 - 20.00 Bootcamp		19.00 - 20.00  Level Up Yoga				

Limited spaces available!

Due to high popularity, classes are operated on a booking system. You must book your place at leisure reception or contact us on 01865 489988 (option 4 for Leisure) or email us at juvenateoxford@jurusinns.com

Membership Level - classes are complimentary unless stated
*£10 per person - paid directly to the instructor

Class Descriptions

<p>Spin Indoor Cycling improving strength & endurance with fun, high-intensity workouts.</p>	<p>Yoga Yoga is all about harmonising the body and breath through the means of various breathing techniques, along with yoga postures & meditation.</p>
<p>Bootcamp A little more intense than circuits. Being pushed by your instructor during a fun-filled high intensity routine.</p>	<p>Circuits A fun, fat-burning workout at different stations with a variety of exercises at each, working around the room in a circuit formation.</p>
<p>Aerobics Rhythmic aerobic exercise with stretching & strength training routines.</p>	<p>HIIT High Intensity Interval Training with short recovery periods.</p>
<p>Pilates Designed to improve physical strength, flexibility & posture, & enhance mental awareness.</p>	<p>Level Up PT Small group PT classes consisting of a variety of workouts designed to burn fat and improve strength & muscle tone.</p>

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