

Kohler Waters Spa Fitness Timetable

Day Time	Monday 6am-9pm	Tuesday 6am-9pm	Wednesday 6am-9pm	Thursday 6am-9pm	Friday 6am-9pm	Saturday 6am-9pm	Sunday 6am-9pm		
6am-7am									
7am-8am	BikeFit	CardioShape	BikeFit	CardioSculpt	BikeFit				
8am-9am	Aqua-Yoga 0845-0930								
9am-10am		AquaFit 0915-1000	LBT 0915-1000	AquaFit 0915-1000	AquaFit 0915-1000	Yoga 0900-1000	AquaFit 0915-1000	Members Pilates 0900-1000	BikeFit
10am-11am	CoreFit 1015-1100	Circuit Training 1015-1110	Members Pilates 1000-1100	CardioSculpt 1015-1100	Prehab 1015-1100	HIIT/Circuit 1015-1100			
11am-12pm		Men's Pilates 1100-1200				BoxFit	Bootcamp		
12pm-1pm	BoxFit 1200-1230	CoreFit 1230-1300	KettleFit 1230.1300	BoxFit 1230-1300	CardioSculpt 1230-1300				
1pm-2pm	BikeFit						BikeFit		
2pm-3pm									
3pm-4pm		Virtual Tone & Shape	Virtual Yoga For Begin- ners	Virtual Pilates Members only	Virtual Yoga				
4pm-5pm	Members Pilates								
5pm-6pm	Dynamic Yoga	GolfFit 1715-1800	BikeFit 1715-1800	HITT Circuit 1715-1800	CoreFit 1715-1800				
6pm-7pm	PumpFit 1815-1900	Circuit 1815-1900	BoxFit 1815-1900	BikeFit 1815-1900	GolfFit 1815-1900				
7pm-8pm									
8pm-9pm									

* = There is a charge to attend these classes.

Children are allowed in the swimming pool from 10am – 5pm. They must be supervised at all times.

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OLD COURSE HOTEL
 ST ANDREWS
 GOLF RESORT & SPA

A KOHLER EXPERIENCE