

Classes

Aqua Aerobics Fun and enjoyable water aerobics suitable for all ages and levels of fitness.

Aqua Pilates A workout based on traditional Pilates, with the emphasis on stretching and strengthening. The class will help improve balance, and flexibility, all with the comforting support of the water..

Boxercise A mix of high intensity training circuits. Each class will have a different variation and will focus on strength, conditioning, agility, cardiovascular fitness, muscular endurance and core training.

Fitness® Fitness programme which is a mix of Ballroom & Latin dances put together to create a fun, energetic and effective way to stay fit. No partners needed.

Flow Yoga The class ensures safety & restoration are priority while building flexibility, skill & mobility. Variations and modifications given to suit all levels and abilities. Allow your mind to open and relax during full body hearty flows.

Fit & Fabulous High-intensity interval training with all-out, quick, intense bursts of exercise, followed by short, sometimes active, recovery periods.

IgniteFit A half hour class to Ignite your metabolic rate, release endorphins and produce Body Conditioning effects. This session uses weights and own body weight to train the cardiovascular system, to develop strength, speed and muscle power in a high energy class that will leave you feeling energised and focused.

Keibudo Karate is a Martial Art for the whole family, covering all techniques from self-defence to all round fitness. From ages 6 and up. The whole family can train together, with our family discount offers.

Legs, Bums & Tums This class helps you shape and tone with a series of exercises that specifically target your lower body.

Men's Wellness A men only fitness class, utilising circuit training, cognitive challenges and Pilates to facilitate ageing well.

Old Skool Aerobics Back to high kicks and grapevines, whooping and leg warmers optional. High energy fitness session to include cardio followed by toning with a bums and tums focus.

Pilates Connect with your muscles, focus your mind on your joints to ensure alignment and mobility. Strengthen your core supporting muscles, promote posture alignment and reduce the negative effects of daily lifestyle behaviours.

Pilates Boost Combination of Pilates exercises designed to energise the body and make you feel "POWERFUL" and "EMPOWERED". All within a 45 minute flow and rhythmic session utilising the principles of Pilates.

Powertone All over body work-out including fat burning, body sculpting and yoga exercises. Combines sets of resistance training and cardio-vascular exercises.

Power conditioning and stretch Whole body toning session with lengthening stretches to unwind mind and body at the end of the week.

Stretch & Mobility Stretch & Mobility is a low-impact class designed to improve flexibility, increase joint range of motion, and release muscle tension through dynamic and static stretching.

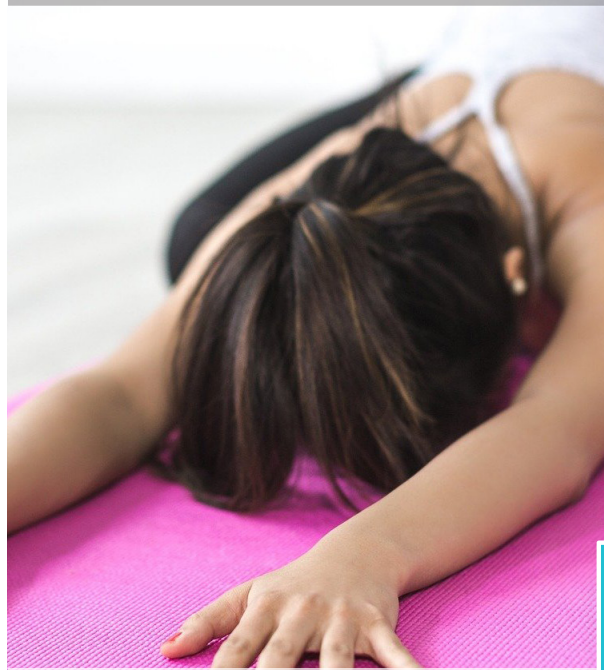
Weighted Workout A fun workout class using dumbbells to get an all over body workout, sculpting the muscles and learning techniques you can take into the gym.

Yoga Flow Stretch and ease your way into the day with this easy to follow freestyle flow, complete with some shavasana to relax.

Zumba® is a fun enjoyable energising class. Every class feels like a party! It's a total workout, combining cardio, muscle conditioning, balance and flexibility. You'll leave each class with boosted energy and a serious dose of awesomeness.



Aztec Studio



Time to table

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Only
£32.50
a month

Studio Membership

includes free access to most classes



= Free classes for Studio & Platinum Members

Get fit... have fun!

tlh.co.uk

Call 01803 400190 • TLH Carlton Hotel, Falkland Road, Torquay



Aztec Studio Timetable

14 - 20 September 2026

Please note that our lift is undergoing essential repairs. To keep classes running smoothly, all sessions have been temporarily relocated to other locations within TLH Leisure Resort. **Please see key for locations.**

Monday 14th	Tuesday 15th	Wednesday 16th	Thursday 17th	Friday 18th	Saturday 19th
Fit & Fabulous 8.30am–9.20am Call Bridget on 07539 273525	Aqua Aerobics 9.30am–10.15am with JP	Fit & Fabulous 9.00am–10.00am Call Bridget on 07539 273525	Weighed Workout 9.30am–10.30am with Holly	Fit & Fabulous 9.00am–10.00am Call Bridget on 07539 273525	Step/Combat Aerobics 9.00am–10.00am with Emma
Pilates 9.40am–10.40am Call Julie on 07966 571159	Pilates 10.00am–11.00am with Emma	Fitsteps® 1.30pm–2.15pm with Vicky	Yoga 10.30am–11.30am with Holly	Aqua Aerobics 9.15am–10.00am with Emma	Yoga Flow 10.15am–11.15am with Helena
Pilates 11.00am–12.00pm Call Julie on 07966 571159	Weighted Workout 11.15am–12.15am with JP	Aqua Aerobics 1.45pm–2.30pm with Emma	Keibudo Karate School 5.45pm–6.45pm Keith 0788 4017878	Pilates 10.30am–11.30am with Emma	Sunday 20th Wellbeing Yoga 10.00am–11.00am Call Nina on 07847 244810
Legs, Bums & Tums 1.45pm–2.30pm with JP	Stretch & Mobility 12.15pm–1.00pm with JP	Zumba® 5.15pm–6.00pm with Kelly	Aqua Aerobics 6.00pm–6.45pm with JP	Pilates 11.45am–12.45pm with Emma	
IgniteFit 5.30–6.00pm with Emma	Keibudo Karate School 5.45pm–6.45pm Keith 07884017878	Old Skool Aerobics 6.00pm–7.00pm with Emma	Powertone 6.30pm–7.30pm Call Bridget on 07539 273525	Men's Wellness 1.00pm–2.00pm with Emma Call 07870 738647	
Pilates 6.10pm–7.10pm with Emma	Powertone 7.00pm–8.00pm Call Bridget on 07539 273525	Boxercise 7.10pm–8.10pm with Emma		Power Conditioning & Stretch 5.30pm–6.30pm with Emma	
Pilates Boost 7.15pm–8.00pm with Emma					

TEMPORARY LOCATIONS

-  Arlington Lounge, TLH Toorak Hotel
-  Riviera Lounge, TLH Carlton Hotel
-  Aztec Studio
-  Aztec Pool