

# FITNESS BREAK CLASS TIMETABLE

### MONDAY

DAY		
7:15am - 7:45am	•	CARDIO CORE Emily - Mezzanine
9:00am - 9:45am	•	STUDIO STRENGTH Natalie - Studio 1
1:00pm - 1:30pm	•	FULL BODY BLAST Jay - Mezzanine
EVENING		
7:00pm - 7:45pm	чĈ	INDOOR CYCLE Josh - Studio 2

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DAY		
9:30am - 10:15am	•	OUTDOOR BOOTCAMP Jay - Tennis/Mezz
11:40am - 12:40pm	٤	PILATES Zannah - Studio 1
12:50pm - 1:50pm	٤	TAI CHI Glen - Studio 1
EVENING		
7:10pm - 7:40pm		REBOUNDING Lucy - Studio 1

### WEDNESDAY

DAY		
10:15am - 11:15am	*	PILATES Zannah - Studio 2
10:15am - 11:00am	4	WEIGHT TRAINING Jay - Mezzanine
10:30am - 11:15am	4	FULL BODY SCULPT Vikki - Studio 1
11:30am - 12:00pm		INDOOR CYCLE Vikki - Studio 2
12:15pm - 1:00pm	٤	YOGALATES Vikki - Studio 2
1:00pm - 1:30pm	•	FULL BODY BLAST Sam B - Mezzanine
EVENING		
6:00pm - 6:45pm		WOW Sam B - Mezzanine
6:30pm - 7:30pm	٤	EQUIPMENT PILATES Lucy G - Studio 1
6:45pm - 7:30pm	<b>%</b> 0	INDOOR CYCLE Josh - Studio 2

## THURSDAY

DAY		
7:30am - 8:00am	•	THE MORNING CREW Joe - Mezzanine
9:00pm - 9:45pm	۵	AQUA AEROBICS Jaqueline - Pool
9:30am - 10:30am	٤	HATHA FLOW Glen - Studio 1
11:30am - 12:30pm	٤	PILATES Lucy G - Studio 1
1:00pm - 1:30pm	•	FULL BODY BLAST Joe - Mezzanine
EVENING		
5:45pm - 6:30pm	ోం	INDOOR CYCLE Louise - Studio 2
6:30pm - 7:00pm	Ţ	HIIT Jay - Mezzanine
6:45pm - 7:30pm	۵	AQUA AEROBICS Jaqueline - Pool
6:50pm - 7:20pm	٤	STRETCH Victoria - Studio 1

#### INDOOR CYCLE 9:00am -9:45am Jo - Studio 2 AQUA AEROBICS 9:00am -9:45am Jaqueline - Pool HIIT 9:30am -• 10:00am Louise - Mezzanine HATHA FLOW 11:00am -12:15pm Zannah - Studio 1 1:00pm -1:45pm 60+ CIRCUITS Mezzanine EVENING Ψ CARDI-TONE 6:00pm -6:45pm Joe - Mezzanine PILATES 6:00pm -7:00pm Lucy G - Studio 1 STRETCH 6:50pm -7:20pm Joe - Mezzanine

FRIDAY

### SATURDAY



### SUNDAY





TONING 💧 WATER BASED

🕺 WELLBEING

**DANCE BASED** 

CYCLING



#### AQUA AEROBICS

A complete body workout using the water resistance to enhance your strength.

INDOOR CYCLE

This class is designed to enhance your cycling endurance, whether you looking to gain strength in your cycling or training for an event, this class is perfect.

REBOUNDING

Rebounding is a zero impact exercise style that, put simply, is bouncing on a mini trampoline. Unlike regular trampolining, the aim isn't to bounce high and perform gymnastic tricks but to perfrom a series of small, controlled movements to the beat of the music.

High intensity interval training is technique in which you give 100% effort through quick intense bursts of exercise followed by short, sometimes active rest periods. This type of training gets and keeps your heart rate up and is efficient in burning calories.

HIIT

### CARDIO TENNIS

This is a fun, sociable group fitness class that is open to people of all tennis abilities. You will get to work on your tennis technique while playing high intensity game which get you moving and working hard.

A half an hour full body workout with a varied training method each week

THE MORNING CREW

WOW



Work out of the week, combining weight training, body weight and some cardio aspects to get a full body workout



This class is a mixture of body weight exercises and exercises using equipment, such as medicine balls, battle ropes, kettlebells, dumbells etc. working with interval and strength training this class will have you working hard.



This high energy class gives a great cardio workout whilst challenging your Core and upper body using free weights.



A body conditioning class using our rebook studio barbells and weights focusing on low weight and high repetition to burn fat and gain strength.



Using a mix of Dumbells, barbells and Kettlebells you will get a full body session, all abilities welcome.



Work on your boxing technique and cardio fitness. You will be paired with a partner switching out using the pads and using the gloves.



A resistance training class, using barbells, dumbbells and body weight exercises to tone and strengthen the entire body.



CARDIO

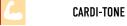
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TONING

14

Using the same aspects as the cardio-tone class on Monday but slightly more challenging.

Classes per week



This class consists of two parts, the first being cardio, using a mixture of equipment such as bikes, rowers and body weight circuit exercises. The second half consists lower intensity toning exercises using weights and or body weight to tone the muscles.



A half an hour full body workout with a varied training method each week

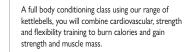
#### MEGA RACK

This class will be utilising all features on the mega rack, such as squat racks, deadlift platforms and landmine including free weight exercises. you will work with low weights but high intensity to achieve a total body workout in a circuit format.

### FULL BODY SCULPT

A fusion of cardio and full body conditioning using only your body weight. .

**KETTLEBELLS** 



CORE STABILITY

This challenging class looks to tone and condition your major muscles of the torso, especially your abdominals and lower back muscles.

WATER BASED

3



Strengthen and tone all the major muscle in your legs, glutes and core, using a mixture of body weight and optional weighted exercises.

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#### **CORE & STABILITY**

This challenging class looks to tone and condition your major muscles of the torso, especially your abdominals and lower back muscles.



The physical postures of yoga are used to reduce stress and help the spine feel supple. Feel relaxed and mobile after this class.

PILATES

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WELLBEING

13

This is a conditioning class that helps activate the essential muscles around your core. This class puts emphasis on pelvic and spinal alignment, breathing to relive stress and aids in flexibility, coordination and balance.

#### EQUIPMENT PILATES

This class aims to incorporate traditional Pilates exercises using different equipment's such as fit balls, bands and Pilates rings.

TAI CHI

DANCE BASED

1

CYCLING

7

Tai chi is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion



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