




















# CLASS TIMETABLE













## MONDAY

DAY	
6:45am - 7:15am	 <b>INDOOR CYCLE</b> Lucy - Studio 2
9:00am - 9:45am	 <b>STUDIO STRENGTH</b> Natalie - Studio 1
9:00am - 9:40am	 <b>INDOOR CYCLE</b> Vikki - Studio 2
9:00am - 9:45am	 <b>AQUA AEROBICS</b> Jaqueline - Pool
10:00am - 10:45am	 <b>HI/LO AEROBICS</b> Vikki - Studio 1
10:30am - 11:00am	 <b>CARDIO TENNIS</b> Natalie - Tennis Court
11:00am - 12:00pm	 <b>HATHA FLOW</b> Lorna - Studio 1
1:00pm - 1:30pm	 <b>FULL BODY BLAST</b> Mezzanine
EVENING	
6:00pm - 6:45pm	 <b>CARDI-TONE</b> Joe - Mezzanine
6:30pm - 7:15pm	 <b>MUSCLE BLITZ</b> Jo - Studio 1
7:00pm - 7:45pm	 <b>INDOOR CYCLE</b> Josh - Studio 2
7:30pm - 8:15pm	 <b>AEROBITONE</b> Lucy - Studio 1















## TUESDAY

DAY	
9:30am - 10:15am	 <b>BOOTCAMP</b> Lawrence - Mezz
10:15am - 11:30am	 <b>HATHA FLOW</b> Naz - Studio 1
11:40am - 12:40pm	 <b>PILATES</b> Zannah - Studio 1
12:50pm - 1:50pm	 <b>TAI CHI</b> Glen - Studio 1
EVENING	
5:20pm - 6:05pm	 <b>WEIGHT TRAINING</b> Emily - Mezzanine
6:15pm - 7:00pm	 <b>WEIGHT TRAINING</b> Emily - Mezzanine
7:15pm - 8:00pm	 <b>AQUA AEROBICS</b> Lucy - Pool











## WEDNESDAY

DAY	
7:15am - 7:45am	 <b>DUMBBELLS</b> Emily - Mezzanine
9:30am - 10:30am	 <b>PILATES</b> Zannah - Studio 1
10:15am - 11:00am	 <b>WEIGHT TRAINING</b> Abi - Mezzanine
10:15am - 11:15am	 <b>CARDIO TENNIS</b> Michael - Tennis
10:30am - 11:15am	 <b>FULL BODY SCULPT</b> Studio 1
11:30am - 12:00pm	 <b>INDOOR CYCLE</b> Vikki - Studio 2
12:15pm - 1:00pm	 <b>YOGALATES</b> Vikki - Studio 2
1:00pm - 1:30pm	 <b>FULL BODY BLAST</b> Mezzanine
EVENING	
6:00pm - 6:45pm	 <b>WOW</b> Joe - Mezzanine
6:30pm - 7:30pm	 <b>PILATES</b> Joanna - Studio 1
6:30pm - 7:15pm	 <b>INDOOR CYCLE</b> Josh - Studio 2
7:30pm - 8:15pm	 <b>METABOLIC CONDITIONING</b> Josh - Mezzanine




## THURSDAY

DAY	
7:30am - 8:00am	 <b>THE MORNING CREW</b> Joe - Mezzanine
9:00am - 9:45am	 <b>AQUA AEROBICS</b> Jaqueline - Pool
9:15am - 10:00am	 <b>WEIGHT TRAINING</b> Emily - Mega Rack
9:25am - 9:55am	 <b>REBOUNding</b> Vikki - Studio 1
10:00am - 11:00am	 <b>HATHA FLOW</b> Joanna - Studio 1
10:00am - 10:30am	 <b>CORE AND STABILITY</b> Nemanja - Mezzanine
10:45am - 11:30am	 <b>INDOOR CYCLE</b> Vikki - Studio 2
11:30am - 12:30pm	 <b>PILATES</b> Joanna - Studio 1
1:00pm - 1:30pm	 <b>FULL BODY BLAST</b> Mezzanine
EVENING	
5:45pm - 6:30pm	 <b>INDOOR CYCLE</b> Louise - Studio 2
6:00pm - 6:30pm	 <b>HIIT</b> Abi - Mezzanine
6:00pm - 6:45pm	 <b>BODY BLAST</b> Victoria - Studio 1
6:30pm - 7:30pm	 <b>CARDIO TENNIS</b> Natalie - Tennis
6:50pm - 7:20pm	 <b>STRETCH</b> Victoria - Studio 1





## FRIDAY

DAY	
9:00am - 9:45am	 <b>INDOOR CYCLE</b> Jo - Studio 2
9:00am - 9:45am	 <b>AQUA AEROBICS</b> Jaqueline - Pool
9:00am - 10:00am	 <b>PILATES</b> Lucy G - Studio 1
9:30am - 10:00am	 <b>HIIT</b> Louise - Mezzanine
10:00am - 10:45am	 <b>MUSCLE BLITZ</b> Jo - Studio 1
11:00am - 12:15pm	 <b>HATHA FLOW</b> Zannah - Studio 1
11:30am - 12:30pm	 <b>CARDIO TENNIS</b> Michael - Tennis
1:00pm - 1:45pm	 <b>60+ CIRCUITS</b> Mezzanine
EVENING	
6:00pm - 6:45pm	 <b>CARDI-TONE</b> Joe - Mezzanine
6:50pm - 7:20pm	 <b>STRETCH</b> Joe - Mezzanine


## SATURDAY

DAY	
9:30am - 10:15am	 <b>BALANCE</b> Victoria C - Studio 1
9:30am - 10:15am	 <b>INDOOR CYCLE</b> Louise - Studio 2
10:30am - 11:15am	 <b>TOTAL BODY BLITZ</b> Victoria C - Studio 1

## SUNDAY

DAY	
9:30am - 10:15am	 <b>BOOTCAMP</b> Emily - Court/Mezz
9:30am - 10:15am	 <b>INDOOR CYCLE</b> Josh - Studio 2
10:30am - 11:15am	 <b>BOXERCISE</b> Josh - Court/Mezz
11:30am - 12:30pm	 <b>STRETCH</b> Nemanja - Studio 1



 <b>TONING</b>	 <b>WELLBEING</b>
 <b>CARDIO</b>	 <b>WATER BASED</b>
 <b>CYCLING</b>	 <b>DANCE BASED</b>

 **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 perform a series of small, controlled movements to the beat of the music.

 **HIIT**



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.

 **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.

  **THE MORNING CREW**



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

  **WOW**



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

  **METABOLIC CONDITIONING**



Combining strength, technique and cardio conditioning. Working on both anaerobic and aerobic exercises.

  **BOOTCAMP**



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

  **BODY BLAST**


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

  **MUSCLE BLITZ**



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

  **WEIGHT TRAINING**

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

  **BOXERCISE**



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

  **STUDIO STRENGTH**



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

  **AEROBITONE**


A mixture of aerobic and toning exercises giving you a full body workout.

  **CARDI-TONE**


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.

  **FULL BODY BLAST**


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**

A full body conditioning class using our range of kettlebells, you will combine cardiovascular, strength and flexibility training to burn calories and gain strength and muscle mass.

 **CORE AND STABILITY**


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

 **LBT**


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

 **BALANCE**

A combination of Tai Chi movements with strength and flexibility work.

 **HATHA FLOW**


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

 **PILATES**


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**

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

 **VINYASA**

Dynamic and playful vinyasa yoga, based on themes to take you on a journey to explore a particular area of the body or series of postures. Connect between mind, body and breath. After a strong flow to bring heat and energy into the body, you will wind down and end with a few moments in relaxation to leave you feeling grounded, energised and refreshed.



	 <b>CARDIO</b>	 <b>TONING</b>	 <b>WATER BASED</b>	 <b>WELLBEING</b>	 <b>DANCE BASED</b>	 <b>CYCLING</b>
<b>Classes per week</b>	22	25	4	15	2	9

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