






















# CLASS TIMETABLE











## MONDAY

DAY	
7:15am - 7:45am	 <b>CARDIO CORE</b> Vikki - Studio 1
8:00am - 8:30am	 <b>REBOUNding</b> Vikki - Studio 1
8:45am - 9:30am	 <b>INDOOR CYCLE</b> Vikki - Studio 2
9:00am - 9:45am	 <b>ZUMBA</b> Lucy - Studio 1
9:00am - 9:45am	 <b>AQUA AEROBICS</b> Jaqueline - Pool
9:55am - 10:40am	 <b>MUSCLE BLITZ</b> Lucy - Studio 1
10:30am - 11:30am	 <b>CARDIO TENNIS</b> Natalie - Tennis Court
10:45am - 11:45am	 <b>HATHA FLOW</b> Lorna - Studio 1
EVENING	
5:45pm - 6:45pm	 <b>KETTLEBELLS</b> Nemanja - Mezzanine
6:00pm - 6:45pm	 <b>BODY BLAST</b> Victoria - Studio 1
7:00pm - 7:45pm	 <b>INDOOR CYCLE</b> Josh - Studio 2










## TUESDAY

DAY	
9:00am - 9:45am	 <b>INDOOR CYCLE</b> Lucy - Studio 2
9:30am - 10:15am	 <b>OUTDOOR BOOTCAMP</b> Jay - Tennis
10:30am - 11:15am	 <b>FUNCTIONAL FITNESS</b> Izzy - Mezzanine
10:30am - 11:30am	 <b>HATHA FLOW</b> Naz - Studio 1
11:40pm - 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
6:15pm - 7:00pm	 <b>LBT</b> Lucy - Studio 1
7:10pm - 7:40pm	 <b>REBOUNding</b> Lucy - Studio 1









## WEDNESDAY

DAY	
9:00am - 10:00am	 <b>PILATES</b> Zannah - Studio 1
10:15am - 11:15am	 <b>ACTIVATION PILATES</b> Zannah - Studio 2
10:15am - 11:00am	 <b>WEIGHT TRAINING</b> Perry - Mezzanine
10:15am - 11:15am	 <b>CARDIO TENNIS</b> Michael - Tennis
10:30am - 11:15am	 <b>FULL BODY SCULPT</b> Vikki - Studio 1
11:30am - 12:00pm	 <b>INDOOR CYCLE</b> Vikki - Studio 2
12:15pm - 1:00pm	 <b>YOGALATES</b> Vikki - Studio 2
EVENING	
6:00pm - 6:45pm	 <b>OUTDOOR BOOTCAMP</b> Jay - Tennis
6:00pm - 6:45pm	 <b>INDOOR CYCLE</b> Victoria - Studio 2
6:30pm - 7:30pm	 <b>EQUIPMENT PILATES</b> Lucy G - Studio 1




## THURSDAY

DAY	
9:00pm - 9:30pm	 <b>BOOTY BLITZ</b> Izzy - Mezzanine
9:00pm - 9:45pm	 <b>AQUA AEROBICS</b> Jaqueline - Pool
9:30am - 10:30am	 <b>HATHA FLOW</b> Samantha - Studio 1
9:45am - 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> Lucy G - Studio 1
EVENING	
5:45pm - 6:30pm	 <b>INDOOR CYCLE</b> Louise - Studio 2
6:00pm - 6:30pm	 <b>HIIT</b> Jay - Mezzanine
6:45pm - 7:30pm	 <b>AQUA AEROBICS</b> Jaqueline - Pool




## FRIDAY

DAY	
9:00am - 9:45am	 <b>INDOOR CYCLE</b> Jo - Studio 2
9:00am - 9:45am	 <b>AQUA AEROBICS</b> Jaqueline - Pool
10:00am - 10:45am	 <b>MUSCLE BLITZ</b> Jo - Studio 1
10:00am - 10:30am	 <b>HIIT</b> Perry - Mezzanine
11:30am - 12:30pm	 <b>CARDIO TENNIS</b> Michael - Tennis
EVENING	
5:30pm - 6:15pm	 <b>WEIGHTS</b> Izzy - Mezzanine
6:00pm - 6:45pm	 <b>BOOTCAMP</b> Natalie - Tennis
6:00pm - 7:00pm	 <b>PILATES</b> Lucy G - Studio 1

## SATURDAY

DAY	
9:30am - 10:30am	 <b>PILATES</b> Lucy G - Studio 1
9:30am - 10:15am	 <b>INDOOR CYCLE</b> Louise - Studio 2
10:45am - 11:30am	 <b>TOTAL BODY BLITZ</b> Victoria C - Studio 1

## SUNDAY

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



**CARDIO**



**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.

  **BARRE FITNESS**


This is a hybrid workout class combining ballet inspired moves with elements of pilates, yoga and strength training.

  **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.

  **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.

  **3 in 1**


This is a 45 minute hybrid class, combining HIIT, conditioning, and yoga stretch. Elevate your heart rate, condition your muscles and relax your mind, body and soul.

  **WOW**


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

 **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 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.

 **CORE & STABILITY**

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

 **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 relieve 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 FLOW**

Tone the body, build core strength, increase your heart rate, develop mental concentration and leave your mat feeling calm & energised. This class is suitable for all levels with modifications provided for newer practitioners or those who want to soften or advance their practice.



	 <b>CARDIO</b>	 <b>TONING</b>	 <b>WATER BASED</b>	 <b>WELLBEING</b>	 <b>DANCE BASED</b>	 <b>CYCLING</b>
Classes per week	17	21	4	11	3	8

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