




















CLASS TIMETABLE











MONDAY

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










TUESDAY

DAY	
9:00am - 9:45am	 INDOOR CYCLE Lucy - Studio 2
9:30am - 10:15am	 OUTDOOR BOOTCAMP Jay - Tennis
10:30am - 11:15am	 FUNCTIONAL FITNESS Izzy - Mezzanine
10:30am - 11:30am	 HATHA FLOW Naz - Studio 1
11:40pm - 12:40pm	 PILATES Zannah - Studio 1
12:50pm - 1:50pm	 TAI CHI Glen - Studio 1
EVENING	
5:20pm - 6:05pm	 WEIGHT TRAINING Emily - Mezzanine
6:15pm - 7:00pm	 WEIGHT TRAINING Emily - Mezzanine
6:15pm - 7:00pm	 LBT Lucy - Studio 1
7:10pm - 7:40pm	 REBOUNding Lucy - Studio 1









WEDNESDAY

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







THURSDAY

DAY	
9:00pm - 9:30pm	 BOOTY BLITZ Izzy - Mezzanine
9:00pm - 9:45pm	 AQUA AEROBICS Jaqueline - Pool
9:30am - 10:30am	 HATHA FLOW Samantha - Studio 1
9:45am - 10:30am	 CORE AND STABILITY Nemanja - Mezzanine
10:45am - 11:30am	 INDOOR CYCLE Vikki - Studio 2
11:30am - 12:30pm	 PILATES Lucy G - Studio 1
EVENING	
5:45pm - 6:30pm	 INDOOR CYCLE Louise - Studio 2
6:00pm - 6:30pm	 HIIT Jay - Mezzanine
6:45pm - 7:30pm	 AQUA AEROBICS Jaqueline - Pool

FRIDAY

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

SATURDAY

DAY	
9:30am - 10:30am	 PILATES Lucy G - Studio 1
9:30am - 10:15am	 INDOOR CYCLE Louise - Studio 2
10:45am - 11:30am	 TOTAL BODY BLITZ Victoria C - Studio 1
SUNDAY	
DAY	
9:30am - 10:15am	 BOOTCAMP Emily - Court/Mezz
10:30am - 11:15am	 BOXERCISE Josh - Court/Mezz
11:30am - 12:30pm	 STRETCH 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.



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

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