



# GROUP EXERCISE TIMETABLE



Members can book classes up to 7 days in advance by logging into their members area or at reception.

**Please check in at reception before your class starts.**

MONDAY			TUESDAY			WEDNESDAY			THURSDAY		
6.30 - 7.00	MetaFit	Dan	9.15 - 9:45	MetaFit	Della	9.30 - 10.15	Body Combat	Hollie	9.15 - 10.00	Body Pump	Faye
9.20 - 10.15	Yoga	Von	9:45 - 10:00	Core	Della	10.30 - 11.00	HIIT Strength	Hollie	10.15 - 11.00	Spinning	Dan
10.30 - 11.15	Body Pump	Hollie	10.15 - 10.45	Spinning	Von				10.15 - 11.00	Pilates	Jade
			10:15 - 11:00	Pilates	Della				11.05 - 12.05	Yoga	Jade
18.00 - 18.45	Pilates	Della	17:20 - 18:20	Yoga	Von	17.30 - 18.15	Body Attack	Lucy	18.00 - 18.30	MetaFit	Della
19.00 - 19.45	Body Combat	Lucy	18.30 - 19.15	Body Pump	Faye	17.30 - 18.15	Spinning	Dan	18.45 - 19.30	Zumba	Laura
19.00 - 19.45	Spinning	Della	19.30 -20.00	Spinning	Faye	18.20 - 18.50	Jump	Dan	19:35 - 20:20	Boxing	Dan
19:50 - 20.35	Body Pump	Lucy							18:00 - 18:45	Running Club	Steve
									19.00 - 19.45	Spinning	Steve
FRIDAY			SATURDAY			SUNDAY			Please arrive on time for your class and wait for the previous class to exit.  This timetable is likely to change. Please ensure you have an up to date copy.  Having your own gloves for Boxercise and your own mat for Pilates and Yoga is advised.		
9.15 - 10:00	Zumba	Lizzie	8.30 - 9.10	Jump & Abs	Dan	9.30 - 10.15	Body Pump	Hollie			
10:10 - 10:40	LBT HIIT	Hollie	9.15 - 9.45	MetaFit	Dan	10.30 - 11.15	Spinning	Dan / Lucy			
10:15 - 11:00	Spinning	Marise	10.00 - 10.45	Body Attack	Daren	10.30 - 11.15	Body Combat	Hollie			
18:45 - 19:15	Spinning	Steve	11.00 - 11.30	Core	Daren						



# CLASS OVERVIEW:



Body Attack	A high energy sports inspired interval training class. Athletic moves combined with strength and stabilizing exercises will improve your fitness fast.
Body Combat	A mixed martial arts inspired, full body workout that improves cardio fitness. It's completely non contact and there are no complex moves to master.
Body Pump	A weights based class for everyone. You will use light to moderate weights and lots of repetitions to give a total body workout. You will also burn lots of calories.
Boxing	A high intensity interval training class which is based on boxing training.
Core	A class designed to strengthen the muscles of your abdomen and back. This class may use equipment as well as just body weight.
HIIT Strength	A 30 minute weight based, high intensity class using bodyweight, the bar or hand plates. Designed to challenge and improve your muscular strength and cardiovascular fitness. Focusing on all major muscle groups.
Jump	A low impact high energy class using the mini tramps. This class will raise your heart rate by using small and controlled movements.
LBT HIIT	High Intensity Interval Training with a Legs, Bums and Tums focus. Short periods of exercise followed by periods of rest. Great for burning fat fast, boosting your metabolism and perfect if you're short on time.
MetaFit	A bodyweight only high intensity interval training class. You burn calories fast and boost your metabolism.
Pilates	Help produce a mobile, healthy and flexible body. Classes focus on posture, strengthening the central core and abdominal muscles.
Spinning	An indoor group cycling class where every class is a little different to the last. Challenging your fitness and leg strength every step of the way.
Yoga	A slower paced yoga class suitable for all levels and abilities. You will practice a classic approach to breathing, poses and exercises.
Zumba	An aerobic fitness programme featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music.

