



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.

Non members are welcome in classes booking is done at reception, £8.50 per class this must be paid for at the time of booking.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9.20 - 10.15 Yoga Von	9.15 - 9.45 HIIT Hollie	9.30 - 10.15 Body Combat Hollie	9.15 - 10.00 Body Pump Faye
10.30 - 11.15 Body Pump Steve	9.45 - 10.00 Core Hollie	10.30 - 11.00 Body Pump Express Hollie	10.15 - 11.00 Spinning Dan
	10.15 - 10.45 Spinning Von		10.15 - 11.00 Pilates Hannah
	10.30 - 11.15 Pilates Marise		11.05 - 12.05 Yoga Hannah
18.00 - 18.45 Pilates Isabel	17.20 - 18.20 Yoga Von	17.30 - 18.15 Body Attack Lucy	18.30 - 19.15 Zumba Laura
19.00 - 19.45 Body Combat Lucy	18.30 - 19.15 Body Pump Faye	17.30 - 18.15 Spinning Dan	19.20 - 20.05 Boxing Dan
19.00 - 19.45 Spinning Dan	19.30 - 20.00 Spinning Faye	18.20 - 18.50 Jump Dan	18.00 - 18.45 Running Club Steve
19.50 - 20.35 Body Pump Lucy			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 Body Combat Steve	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.
BP Heavy	BodyPump Heavy is a strength-focused version of the traditional class. Using heavier weights and lower repetitions to help build muscle, increase strength and improve lifting technique.
Jump	A low impact high energy class using the mini tramps. This class will raise your heart rate by using small and controlled movements.
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.
Running Club	Our Running Club is open to all abilities, whether you are taking your first steps into running or are a seasoned runner. We start each session with a warm up in the gym before heading outdoors to complete the planned route, which is explained beforehand.
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.