



GROUP EXERCISE TIMETABLE



We will have a maximum number of 15 participants in studio classes, 29 outside and 10 in Spinning.

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, £6 per class this must be paid for at the time of booking.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9.30 - 10.15 LBT Gracie	9.15 - 10.00 BodyAttack Hannah	9.30 - 10.15 CarPark Combat Hollie	9.30 - 10.15 Body Pump Faye
10.30 - 11.15 Body Pump Gracie	10.15 - 10.45 Spinning Hannah	10.30 - 11.15 Les Mills Tone Hollie	10.00 - 10.45 Spinning Dan
	10.15 - 10.45 Jump Dan		10.30 - 11.15 Pilates Jade
	11.00 - 12.00 Pilates Paul		11.30 - 12.30 Yoga Jade
18.00 - 18.45 Pilates Della	18.30 - 19.00 HOTSPOT Hollie	18.00 - 18.45 Body Attack Kimberly	18.00 - 18.30 MetaFit Della
19.00 - 19.45 Body Combat Kimberly	19.15 - 20.00 Body Pump Hollie	19.00 - 20.00 Hatha Yoga Anglea	18.45 - 19.30 Zumba Laura
19.00 - 19.30 Spinning Della			19.00 - 19.45 Spinning Ian
FRIDAY	SATURDAY	SUNDAY	Please arrive on time for your class and wait for the previous class to exit. While you wait for your class please be mindful of social distancing. <i>This timetable is likely to change.</i> Please ensure you have an up to date copy. HOTSPOT CLASSES - These will be on a 4 week rotation.
9.15 - 10.00 Freestyle Step Gracie	8.30 - 9.00 Jump Dan	9.30 - 10.15 Body Pump Hollie	
9.30 - 10.15 Spinning Marise	9.15 - 9.45 MetaFit Dan	10.20 - 11.00 Spinning Dan / Lucy	
10.15 - 11.00 Body Combat Gracie	10.00 - 10.45 Body Attack Daren	10.30 - 11.15 CarPark Combat Hollie	
19.00 - 19.45 Body Pump Hannah			



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.
Freestyle Step	Using an elevated studio step you will exercise to music. It is a fun class that will improve your leg strength and fitness.
Jump	A low impact high energy class using the mini tramps. This class will raise your heart rate by using small and controlled movements.
Les Mills Tone	Improve your cardiovascular fitness, strengthen your muscles and improve your core strength with this interval training workout.
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.
Hotspot	A great opportunity to try out some different classes, this will be anything from HIIT to Yoga and anything in between. This will be a different class every 4 weeks. Ask at reception or have a look on your members area to find out what the current hotspot class is.

