



STUDIO CLASS TIMETABLE



We will have a maximum number of 15 participants in studio classes and 8 in Spinning and RPM.
 Members can book classes up to 7 days in advance through our online booking system or by calling reception.
Please check in at reception before your class starts and wait in the area provided.

MONDAY			TUESDAY			WEDNESDAY			THURSDAY		
9.30 - 10.15	LBT	Gracie	9.15 - 10.00	Spinning	Marise	7.00 - 7.30	RPM	Della	9.30 - 10.15	Body Pump	Faye
10.30 - 11.15	Body Pump	Gracie	9.30 - 10.00	MetaFit	Dan	8.45 - 9.15	Les Mills Tone	Hollie	10.00 - 10.45	RPM	Dan
			10.15 - 10.45	Jump	Dan	9.30 - 10.15	Body Combat	Hollie	10.30 - 11.15	Pilates	Jade
			11.00 - 12.00	Pilates	Paul	10.30 - 11.15	Les Mills Tone	Hollie	11.30 - 12.30	Hatha Yoga	Jade
18.00 - 18.45	Pilates	Della	18.30 - 19.15	Les Mills Tone	Hollie	18.00 - 18.45	Body Attack	Kimberly	18.00 - 18.30	MetaFit	Della
19.00 - 19.45	Body Combat	Kimberly	19.30 - 20.15	Body Pump	Hollie	19.00 - 20.00	Hatha Yoga	Anglea	18.45 - 19.30	Sh'Bam	Laura
19.00 - 19.30	RPM	Della							19.00 - 19.45	Spinning	Ian
									19.45 - 20.30	Body Combat	Lucy
FRIDAY			SATURDAY			SUNDAY			<p>Please arrive on time for your class. RPM and Spinning classes are temporarily in the creche.</p> <p>Ensure you have your own mat for Yoga and Pilates</p> <p><i>This timetable is likely to change.</i></p> <p>Please ensure you have an up to date</p>		
9.15 - 10.00	Freestyle Step	Gracie	8.30 - 9.15	Jump	Dan	9.30 - 10.15	Body Pump	Hollie			
10.15 - 11.00	Body Combat	Gracie	9.30 - 10.00	MetaFit	Dan	10.30 - 11.15	RPM	Dan			
11.15 - 11.45	CX Worx	Gracie	10.15 - 11.00	Body Attack	Daren	10.30 - 11.15	Body Combat	Hollie			
19.00 - 19.45	Body Pump	Hannah	11.15 - 12.00	CX Worx	Daren						

Non members are welcome in classes, £6 per class this must be paid for at the time of booking.

Body Attack	A high energy sports inspired interval training class. Athletic moves combined with strength and stabilizing exercise 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.
CX Worx	A core strength based workout that uses bands, plates and bodyweight.
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.
Hatha Yoga	A slower paced yoga class suitable for all levels and abilities. You will practice a classic approach to breathing, poses and exercises.
Jump	A low impact high energy class using the mini traps. 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.
RPM	A group indoor cycling class where you control the intensity. It is a low impact class that will challenge and improve your leg strength and your cardiovascular fitness.
Sh'bam	A really fun, addictive dance workout. Your instructor will guide you through simple dance moves, all set to a modern playlist.
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.

