



GROUP FITNESS TIMETABLE

WINTER 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stability Ball 9.15 - 10.00 Intensity Rating *	Spinn 8.30 - 9.30 Intensity Rating *****	Turbo 9.30 - 10.30 Intensity Rating *****	Run Club 9.30 - 10.30 Intensity Rating ***	Turbo 8.30 - 9.30 Intensity Rating *****	HIIT 8.30 - 9.00 Intensity Rating *****	Battle Ropes 8.30 - 9.00 Intensity Rating *****
Body Balance 10.00 - 11.00 Intensity Rating ***	Body Pump 9.30 - 10.30 Intensity Rating *****	F.B.F.T 10.30 - 11.30 Intensity Rating ****	Body Pump 9.30 - 10.30 Intensity Rating *****	Vipr 9.30 - 10.30 Intensity Rating ****	Spinn 9.00 - 10.00 Intensity Rating *****	Circuits 9.00 - 9.45 Intensity Rating *****
HIIT 11.00 - 11.30 Intensity Rating *****	Boxercise 10.30 - 11.15 Intensity Rating ****	Aqua 11.30 - 12.30 Intensity Rating *	Dance Fit 10.30 - 11.30 Intensity Rating **	Body Balance 10.30 - 11.30 Intensity Rating ***	Body Pump 10.00 - 11.00 Intensity Rating *****	Zumba Step 9.45 - 10.45 Intensity Rating ***
Aqua 13.00 - 14.00 Intensity Rating *	Stability Ball 11.15 - 12.00 Intensity Rating *	Body Balance 11.30 - 12.30 Intensity Rating ***	Yoga 11.30 - 13.00 Intensity Rating ****	Pilates 17.00 - 18.00 Intensity Rating *	Vipr 11.00 - 11.45 Intensity Rating ****	Body Balance 10.45 - 11.45 Intensity Rating ***
Body Balance 17.15 - 18.15 Intensity Rating ***	Battle Ropes 17.30 - 18.00 Intensity Rating ****	Abs & Back 17.30 - 18.00 Intensity Rating ***	Battle Ropes 17.30 - 18.00 Intensity Rating ****	HIIT 18.00 - 18.30 Intensity Rating *****		
Boxercise (squash court) 18.00 - 18.45 Intensity Rating ****	Body Balance 18.00 - 19.00 Intensity Rating ***	Boxercise 18.00 - 19.00 Intensity Rating ****	Body Balance 18.00 - 19.00 Intensity Rating ***	Karate 19.00 - 21.00 Intensity Rating *		
Body Attack 18.15 - 19.00 Intensity Rating ****	Kettlebells 19.00 - 19.45 Intensity Rating ****	Body Pump 19.00 - 20.00 Intensity Rating *****	Body Attack 19.00 - 20.00 Intensity Rating ****			
Body Pump 19.00 - 20.00 Intensity Rating *****	Vipr 19.45 - 20.30 Intensity Rating ****	Body Balance 20.00 - 21.00 Intensity Rating ***	Swim Fit 20.00 - 21.00 Intensity Rating ***			
Spinn 20.00 - 21.00 Intensity Rating *****						



For more information regarding class descriptions please see a member of staff.

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The Peake Fitness Management reserves the right to make changes to the studio timetable at any time.

Light * Medium ** Medium/Hard *** Hard **** Very Hard *****