

STUDIO | WINTER 2020

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Circuits 7:00 - 7:30 Intensity Rating: ****	HIIT 9:00 - 9:30 Intensity Rating: *****	Kettlercise 9:00 - 9:45 Intensity Rating: ***	Bootcamp 6:45 - 7:30 Intensity Rating: ****	Turbo 8:30 - 9:15 Intensity Rating: *****	HIIT 8:30 - 9:00 Intensity Rating: *****	F.B.F.T 9:00 - 9:30 Intensity Rating: ****
Pursuit 8:30 - 9:00 Intensity Rating: *****	Body Pump 9:30 - 10:30 Intensity Rating: *****	Spinn 9:45 - 10:30 Intensity Rating: *****	Body Pump 9:30 - 11:15 Intensity Rating: *****	Body Attack 9:30 - 10:30 Intensity Rating: ****	Spinn 9:00 - 10:00 Intensity Rating: *****	Ab Attack 9:30 - 9:45 Intensity Rating: **
Stability Ball 9:15 - 10:00 Intensity Rating: *	L.B.T. 10:30 - 11:15 Intensity Rating: **	Body Attack 10:30 - 11:15 Intensity Rating: ****	Dance Fit 10:30 - 11:30 Intensity Rating: **	Gym Camp 10:30 - 11:30 Intensity Rating: ****	Body Pump 10:00 - 11:00 Intensity Rating: *****	Dance Fit 9:45 - 10:45 Intensity Rating: **
F.B.F.T 10:00 - 11:00 Intensity Rating: ****	Stability Ball 11:15 - 11:45 Intensity Rating: *	Body Balance 11:30 - 12:30 Intensity Rating: **	Yoga 11:30 - 13:00 Intensity Rating: **	Body Balance 10:30 - 11:30 Intensity Rating: **	Stretch & Release 11:15 - 12:00 Intensity Rating: *	Body Balance 10:45 - 11:45 Intensity Rating: **
Yoga 11:00 - 12:00 Intensity Rating: **	HIIT 17:30 - 18:00 Intensity Rating: *****	Aqua 12:30 - 13:15 Intensity Rating: *	Battle Ropes 17:30 - 18:00 Intensity Rating: **	Beginner Fit 11:30 - 12:15 Intensity Rating: *	Beginner Fit 16:00 - 16:30 Intensity Rating: *	Sunday Sweat 16:15 - 17:00 Intensity Rating: ****
Aqua 12:30 - 13:15 Intensity Rating: *	Express Yoga 17:15 - 18:00 Intensity Rating: **	Abs & Back 17:30 - 18:00 Intensity Rating: **	Body Balance 18:00 - 19:00 Intensity Rating: **	Pilates 17:00 - 18:00 Intensity Rating: *		
Body Balance 17:15 - 18:15 Intensity Rating: **	Dance Fit 18:00 - 19:00 Intensity Rating: **	Turbo 18:00 - 18:50 Intensity Rating: ****	Gym Camp 18:30 - 19:30 Intensity Rating: ****	HIIT 18:00 - 18:30 Intensity Rating: *****		
Body Attack 18:15 - 19:00 Intensity Rating: ****	F.B.F.T 19:00 - 19:45 Intensity Rating: ****	Body Pump 19:00 - 20:00 Intensity Rating: ****	Kettlercise 19:00 - 19:45 Intensity Rating: **	Box to Box 18:30 - 19:00 Intensity Rating: ****		
Gym Camp 18:30 - 19:30 Intensity Rating: ****	Stretch & Release 18:30 - 19:30 Intensity Rating: *	Body Balance 20:00 - 21:00 Intensity Rating: **	Hatton Pro Boxing 20:00 - 21:00 Intensity Rating: ****			
Body Pump 19:00 - 20:00 Intensity Rating: *****			Swim Fit 20:00 - 21:00 Intensity Rating: **			

GROUP FITNESS TIMETABLE

CLASS INFORMATION

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

Circuits ****

A high energy, fast paced class which involves you working around each exercise station, targeting your whole body in one class.

HIIT *****

High Intensity Interval Training. Prepare to work hard in a class that ticks all boxes and achieves all goals. Warning 30mins is more than enough for this class.

Kettlercise ***

Cover a huge range of kettlebell exercises ranging from basic moves to advanced techniques and high energy pulse raises whilst targeting muscle groups like abs, glutes, arms and thighs and all with maximum effectiveness.

Bootcamp ****

A fun class designed to work your entire body using military cardio and resistance exercises, this class is outdoors so wear appropriate clothing.

F.B.F.T *****

Full Body Functional Training. A class that uses a variety of the best functional training equipment such as Kettlebells, Vipers and Battle Ropes to challenge and improve your body's functional fitness.

Ab Attack ***

15 minute short but effective class designed to target, tone and strengthen all areas of the abdominal muscles.

Dance Fit **

A dance fitness class combining all your favourite moves to all your favourite music - fun and enjoyment is the key focus here.

L.B.T. (Legs, Bums & Tums) ***

A class designed to focus solely on your Legs, Bums and Tums using a range of exercises to hit all 3 areas in 1 class!

Sunday Sweat ***

A full body 45 minute workout for all abilities and fitness levels designed to simply make you sweat.

Body Attack *

A low intensity full body workout for those who are new to classes or looking for something enjoyable but rewarding.

Body Pump *****

A structured barbell workout to challenge every muscle group in the body! Performed to motivating and inspiring music that will shape and sculpt your body like no other class.

Stretch & Release *

A class specifically designed to release muscle tension and promote recovery.

Beginner Fit *

A low intensity full body workout for those who are new to classes or looking for something enjoyable but rewarding.

Spinn *****

High intensity studio cycling using the latest upbeat chart music.

Gym Camp ****

A fun class designed to target your whole body using a variety of different equipment in the gym.

Pilates *

A mind body conditioning that helps build the deep postural muscles of your trunk and spine, giving you 'core stability' and alignment.

Box to Box ****

A half hour HIIT class involving both boxing and plyometrics. It will test your cardiovascular, power, strength and endurance throughout the 30 minutes.

Yoga ***

This class will help to achieve physical balance, flexibility and posture through breathing techniques and movement. A good chance to stretch and relax at the same time!

Hatton Pro Boxing ****

Hatton Pro Boxing is a class designed to give members an intense boxing workout with added cardio and speed drill work whilst also focusing on the fundamental principles of boxing technique.

Swim Fit ***

A session to perfect your technique in the water and progress to a higher level of fitness. Perfect for those looking to advance the way to becoming an elite swimming athlete.

Aqua *

A water based aerobic class, with the added resistance of the water to make it a very effective and refreshing workout.

Abs & Back ***

30 minute core workout hitting all elements of abdominals and lower back, perfect for those hard to reach areas.

Battle Ropes ****

A high intensity class revolved around the use of battle ropes designed to burn calories, strengthen the whole body and improve your cardiovascular fitness. Warning 30 minutes is plenty of time for this class!

Body Balance ***

Deriving ancient moves from forms of Tai-Chi, Pilates and yoga. Incorporating them into a balanced workout to uplifting music.

Stability Ball *

A class specifically designed to improve your core stability using the latest exercises performed on the stability ball.

Express Yoga ***

Express Yoga is a 45 minute version of our YOGA class.

Pursuit *****

A high intensity indoor cycling class that will push the boundaries of your physical and mental limits! Get ready for intervals of effort combined with intervals of rest to keep your body guessing and your calories burning.