

STUDIO | AUTUMN/WINTER 2020

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spinn 8:00 - 8:45 Intensity Rating: **** Cleaning	H.I.I.T 8:30 - 9:00 Intensity Rating: **** Cleaning	Spinn 9:30 - 10:15 Intensity Rating: **** Cleaning	Body Pump 9:30 - 10:15 Intensity Rating: **** Cleaning	Turbo 8:30 - 9:15 Intensity Rating: **** Cleaning	H.I.I.T 8:30 - 9:00 Intensity Rating: **** Cleaning	Dance Fit 9:30 - 10:30 Intensity Rating: ** Cleaning
Stability Ball 9:00 - 9:45 Intensity Rating: * Cleaning	Body Pump 9:30 - 10:30 Intensity Rating: **** Cleaning	Body Attack 10:30 - 11:30 Intensity Rating: *** Cleaning	Run Club (outside) 9:30 - 10:30 Intensity Rating: ** Cleaning	Body Attack 9:30 - 10:15 Intensity Rating: *** Cleaning	Spinn 9:15 - 10:00 Intensity Rating: **** Cleaning	Body Balance 10:45 - 11:45 Intensity Rating: *** Cleaning
F.B.F.T 10:15 - 11:15 Intensity Rating: *** Cleaning	L.B.T 11:00 - 12:00 Intensity Rating: ** Cleaning	Body Balance 11:45 - 12:30 Intensity Rating: ** Cleaning	20/20/20 10:30 - 11:30 Intensity Rating: ** Cleaning	Body Balance 10:30 - 11:30 Intensity Rating: ** Cleaning	Body Pump 10:15 - 11:15 Intensity Rating: **** Cleaning	
Yoga 11:30 - 12:30 Intensity Rating: ** Cleaning	Pilates 17:00 - 18:00 Intensity Rating: * Cleaning	Body Balance 12:45 - 13:45 Intensity Rating: ** Cleaning	Yoga 11:45 - 12:45 Intensity Rating: ** Cleaning	H.I.I.T 17:15 - 17:45 Intensity Rating: **** Cleaning	Broga 11:30 - 12:30 Intensity Rating: *** Cleaning	
Broga 12:45 - 13:45 Intensity Rating: ** Cleaning	Dance Fit 18:15 - 19:15 Intensity Rating: ** Cleaning	Abs & Back 17:30 - 18:00 Intensity Rating: ** Cleaning	H.I.I.T 17:30 - 18:00 Intensity Rating: **** Cleaning	Pilates 18:00 - 19:00 Intensity Rating: * Cleaning		
Body Balance 17:15 - 18:00 Intensity Rating: ** Cleaning	F.B.F.T 19:30 - 20:30 Intensity Rating: **** Cleaning	Pursuit 18:15 - 18:45 Intensity Rating: **** Cleaning	Bootcamp 18:30 - 19:30 Intensity Rating: **** Cleaning			
Body Attack 18:15 - 19:00 Intensity Rating: *** Cleaning		Body Pump 19:00 - 19:45 Intensity Rating: **** Cleaning	Kettlercise 19:45 - 20:30 Intensity Rating: ** Cleaning			
Body Pump 19:15 - 20:15 Intensity Rating: **** Cleaning		Body Balance 20:00 - 21:00 Intensity Rating: ** Cleaning	Swim Fit 20:00 - 21:00 Intensity Rating: ** Cleaning			

PLEASE NOTE:
We are scheduling 15 minutes
cleaning and sanitation time af-
ter each class

To minimise congestion and
queing please do not enter the
Club until your class commences.

GROUP FITNESS TIMETABLE

CLASS INFORMATION

Light Medium Medium/Hard Hard Very Hard
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H.I.I.T

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.

Pilates*

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

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.

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!

Bootcamp****

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

Swim Fit***

A swimming based fitness class with drills and exercises to progress your fitness through swimming.

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

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

Abs & Back***

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

Dance Fit**

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

Body Balance***

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

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!

Stability Ball*

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

Body Attack****

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

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.

Spinn*****

High intensity studio cycling using the latest upbeat chart music.

20/20/20***

20 minutes each of Cardio, Resistance and Core training to give a full body complete workout for all ages and abilities.

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.

Broga***

A yoga class originally designed specifically for men but widely attended by women too. Using core and functional strength based poses to challenge all areas of the body whilst reducing stress and prompting relaxation.