



GROUP FITNESS TIMETABLE

SPRING 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Turbo 8.30 - 9.15 Intensity Rating ★★★★★	HIIT 9.00 - 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 ★★★★★
Stability Ball 9.15 - 10.00 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 ★★★★★
Body Balance 10.00 - 11.00 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 ★★★
HIIT 11.00 - 11.30 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 ★★★
Aqua 13.00 - 14.00 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 ★★★★★		
Body Balance 17.15 - 18.15 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 ★★★	Box to Box 18.30 - 19.00 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 ★★★★★	Karate 19.00 - 21.00 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 ★★★★★						



PEAKE
Fitness



CLASS INFORMATION

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.

SPINN

High intensity studio cycling using the latest upbeat chart music.

KETTLEBELLS

This workout uses multiple muscle groups simultaneously, developing strength and muscular endurance and blasts fat! However, choose your weight carefully this one is tough!

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.

BODY ATTACK

A Les Mills class that delivers high energy functional body weight fitness exercises to fantastic motivating music. Prepare to work hard and reap the benefits of this all-round, total body workout.

BODY BALANCE

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

VIPR

Using a unique 'Vipr' described as a weighted rubber log shaped cylinder to work the whole body. This class combines plyometrics and functional training exercises to access areas of your body you didn't know existed!

DANCE FIT

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

**

AQUA

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

*

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.

STABILITY BALL

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

*

RUN CLUB

Take your running experience a step further with one of our trained instructors touring round the golf course and surrounding pathways. Suitable for Beginners & Advanced athletes.

BOXERCISE

A well rounded class combining a variety of boxing based exercises to punch your body back into shape. The focus is on technique, power, strength and agility ticking all boxes to challenge your body throughout.

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.

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!

PILATES

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

*

ZUMBA STEP

Combining all the great moves of Zumba with the added challenge of a step makes this class both enjoyable and rewarding.

CIRCUITS

A class mixing aerobic and strength work in a way that can challenge people of all abilities using a combination of varied, interesting and fun methods.

TURBO

A more advance studio cycling class for the cycling enthusiasts!

ABS & BACK

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

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!
