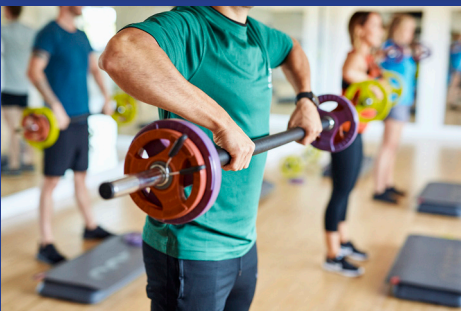


STUDIO TIMETABLE

2019



CLASS ETIQUETTE & CANCELLATION POLICY

- Book up to 7 days in advance online or via Reception.
- Please arrive 5 minutes before for all classes, and check-in at Reception. If you are late, you will not be able to participate.
- Body Pump/Express, Strong Not Skinny & all Group Cycle classes require ample time to set up your equipment before the class.
- An induction must be completed prior to booking any Suspension or Functional Training class. You can book inductions at Reception or with a member of the Gym Team.
- Cancellations require a minimum of 2 hours notice. This allows us to offer the place to someone else. Cancellation charges or booking suspensions may apply for repeat late cancellations or 'no shows'.
- Please complete the cool down at the end of each class.
- Please wipe and put away any equipment you have used.

THANK YOU FOR YOUR UNDERSTANDING & CO-OPERATION.

Caroline Taylor

(Fitness & Wellbeing Manager)

CLASS DESCRIPTIONS

AQUA A pool-based class to improve fitness, burn fat and tone muscles. Some classes will be deep water based.

MIX - Uses a variety of equipment and challenging exercises to make you work harder.

HIIT - Incorporates intensive cardio exercises to test you and improve fitness.

BACK CARE Strengthen your back and prevent injuries with a set of slow and controlled exercises. Please see Rodney in the gym prior to booking to ensure this class is suitable for you.

BARRE CONCEPT Incorporates precision moves with ballet technique. This low-impact, total body workout lifts bums, tones thighs, flattens abs and sculpts arms whilst protecting joints, giving a longer, leaner look.

BODY PUMP The ultimate workout that challenges your major muscle groups using squats, presses, lifts and curls. Great music & fast results! Express classes are for 45 minutes.

BOXERCISE Based on boxing concepts, this is fun, challenging & suitable for all fitness levels. Each session includes shadow-boxing, skipping, punch bag work, press-ups, shuttle-runs and sit-ups.

CIRCUITS Improves fitness, strength & flexibility. Suitable for all levels.

CLUB ACTIVE This offers a variety of classes and activities that are aimed at those new/returning to exercise or looking for more gentle classes.

CORE CONDITIONING Classes held in Studio 1, aimed at strengthening and flattening abdominal and back muscles.

FITNESS PILATES Utilises all Pilates principles, including mat-work exercises from traditional Pilates but offers modifications to provide a controlled body conditioning class. **NOT suitable for those with injuries.**

FUNCTIONAL TRAINING An intense strength & conditioning class which will improve joint mobility & stability using a variety of different circuits to put you through your paces over half an hour.

GROUP CYCLE The ultimate low-impact workout to burn fat fast & improve your fitness. Group cycling has a variety of styles:

COACH BY COLOUR - Power-based, using your FTP and accurate zonal training to improve your experience and performance.

HIIT - High Intensity Interval Training - a short but tough class!

GYM CORE Short, intense classes held in the gym, to strengthen and flatten abdominal and back muscles.

INSANITY LIVE!™ A cardio class based on max. interval training that will push you past your limits. Athletic/plyometric drills mixed with intervals of strength, power, resistance and core training. You don't have to be in extreme shape as levels for each exercise are provided. Time to dig deep!

KONGA A wild mash-up of boxing with rock & disco music. Fun & funky!

PILATES Classes focus on developing core strength, flexibility, balance and stamina. Students learn to be aware of breathing patterns and spinal alignment while engaging the deep muscles of the core. Various equipment - bands, foam rollers, rings, light weights, and balls - is incorporated to enhance and intensify the workout.

LEVELS:

1 - BEGINNER OR RECOVERING FROM INJURY

2 - IMPROVER: attended Pilates before; good understanding of Pilates practices

3 - INTERMEDIATE: regularly attends 1-2 Pilates classes a week

SIT & GET FIT A chair-based fitness class that will use bands and weights to improve strength, flexibility, coordination and mobility.

STRONG NOT SKINNY A fun and effective conditioning class using free weights to tone and strengthen your body into the shape you have always wanted. Learn strong & effective conditioning moves and notice a difference in how your body looks and feels.

SUSPENSION CIRCUIT As well as working on cardio fitness, you will use a system of straps, buckles and grips to work against your own body weight to build strength, balance, flexibility, endurance and core stability.

SWIM FIT Improve your swimming technique & stamina using swimming drills to work all muscle groups and increase your fitness levels.

TOTAL BODY WORKOUT A tough, low-impact workout, strengthening and conditioning the whole body, particularly those stubborn areas.

YOGA These classes have a unifying effect on mind, body and spirit, fostering health and harmony. We offer several types of yoga:

DYNAMIC YOGA - By combining breathing techniques with postures, the focus is on activating specific energy lines in the body to enhance physical and mental strength - excellent for energising and stress relief.

GENTLE FLOW VINYASA - A perfect class for beginners with traditional poses and relaxation.

IYENGAR - Emphasis on alignment and posture.

IYENGAR FLOW - Classical poses, with a focus on correct alignment.

HATHA - Achieve balance between body & mind through poses and breathing.

POWER - Strong precision moves in a warm room. Not suitable for beginners.

YIN - A relaxing yoga class which focuses on long-held, passive floor poses, typically 3-5 minutes, that mainly work parts of the lower body. Suitable for almost all abilities.

ZUMBA A dance-style class with Latin rhythms and easy-to-follow moves to create a fun & dynamic workout.

MONDAY

06:35 07:20	SUSPENSION CIRCUIT*	3
07:30 08:00	FUNCTIONAL TRAINING	3
NEW 08:00 09:00	DYNAMIC YOGA	1-3
09:00 09:30	GYM CORE	1-3
09:15 10:00	KONGA*	1-3
09:30 10:15	GROUP CYCLE*	1-2
09:45 10:30	AQUA MIX*	1-2
10:05 11:00	TOTAL BODY WORKOUT	2-3
10:30 11:30	BARRE CONCEPT	1-2
11:30 12:00	FUNCTIONAL TRAINING	3
11:35 12:15	BACK CARE	1-2
11:35 12:25	COACH BY COLOUR	2-3
11:45 12:45	PILATES	2-3
12:30 13:10	CORE CONDITIONING*	1-2
13:15 13:45	FUNCTIONAL TRAINING	3
14:00 14:50	SIT & GET FIT	1-2

17:30 18:15	GROUP CYCLE*	1-3
18:15 19:10	BARRE CONCEPT	1-2
18:30 19:00	GYM CORE	1-2
18:30 19:15	SUSPENSION CIRCUIT	2-3
18:30 19:15	AQUA MIX	1-2
19:15 20:00	GROUP CYCLE	1-3
19:15 20:10	KONGA	1-2
NEW 19:15 20:10	PILATES	1-2
20:00 20:45	SWIM FIT	1-3
NEW 20:15 21:10	PILATES	2-3
20:15 21:30	GENTLE FLOW VINYASA YOGA	1-2

TUESDAY

06:35 07:20	FITNESS PILATES	1-3
09:05 10:00	ZUMBA*	1-2
NEW 09:20 09:50	GROUP CYCLE HIIT*	3
09:30 10:45	FLOW VINYASA YOGA*	1-2
09:45 10:30	AQUA DEEP WATER*	1-2
10:00 10:30	GYM CORE*	1-2
10:05 11:05	BODY PUMP	2-3
11:30 12:00	FUNCTIONAL TRAINING	3
NEW 11:35 12:35	DYNAMIC YOGA	1-3
11:45 12:30	GROUP CYCLE*	1-2

12:35 13:20	PILATES*	2-3
13:00 13:30	FUNCTIONAL TRAINING	3
14:00 14:45	CLUB ACTIVE	1-2

18:30 19:25	BODY PUMP	2-3
18:45 19:30	AQUA MIX	1-3
18:50 19:20	GROUP CYCLE HIIT	1-3
19:30 20:00	GYM CORE	1-3
19:30 20:00	FUNCTIONAL TRAINING	3
19:30 20:30	FITNESS PILATES	2-3
NEW 19:35 20:20	BOXERCISE	1-3

WEDNESDAY

06:35 07:20	CIRCUITS*	1-3
08:15 08:45	FUNCTIONAL TRAINING	3
09:00 09:30	FUNCTIONAL TRAINING	3
09:30 10:20	COACH BY COLOUR*	1-3
09:30 10:20	SUSPENSION CIRCUITS	2-3
09:30 10:30	BARRE CONCEPT*	2-3
09:45 10:30	AQUA MIX*	1-2
10:30 11:25	PILATES*	2-3
10:45 12:00	IYENGAR YOGA*	2-3
NEW 11:30 12:25	PILATES*	1-2

12:30 13:15	BODY PUMP EXPRESS	1-2
12:30 13:15	PILATES*	1-3
NEW 13:00 13:30	GROUP CYCLE HIIT	2-3
NEW 13:30 14:45	DYNAMIC YOGA	1-3

17:30 18:15	STRONG NOT SKINNY*	1-3
18:00 18:30	FUNCTIONAL TRAINING	3
18:30 19:20	KONGA	1-3
18:30 19:25	PILATES	2-3
18:45 19:15	FUNCTIONAL TRAINING	2-3
NEW 19:15 20:00	COACH BY COLOUR	1-3
19:30 20:20	INSANITY LIVE!™	2-3
19:30 20:45	DYNAMIC YOGA	2-3

THURSDAY

06:35 07:20	BODY PUMP EXPRESS	2-3
06:35 07:20	SWIM FIT*	1-2
06:40 07:10	FUNCTIONAL TRAINING	3
09:10 09:55	BARRE CONCEPT*	1-2
09:15 10:00	SUSPENSION CIRCUIT	2-3
09:15 10:00	GROUP CYCLE	1-2
09:45 10:30	AQUA DEEP WATER*	1-3
10:00 10:30	GYM CORE*	1-3
10:05 11:00	TOTAL BODY WORKOUT	2-3
10:10 11:25	IYENGAR YOGA*	2-3
11:30 12:00	FUNCTIONAL TRAINING	3
11:30 12:25	PILATES	1-2
11:35 12:10	AQUA HIIT	1-2
NEW 11:35 12:25	KONGA	1-3
12:15 13:00	SWIM FIT*	1-3
12:30 13:15	BACK CARE	1-2
12:30 13:15	SUSPENSION CIRCUITS	2-3
NEW 14:00 15:00	GENTLE YOGA	1-2

18:30 19:00	GYM CORE	1-2
18:30 19:10	AQUA HIIT	1-3
18:30 19:15	GROUP CYCLE	1-3
19:30 20:30	BODY PUMP	2-3
19:30 20:45	IYENGAR FLOW YOGA	1-2

FRIDAY

06:40 07:10	GROUP CYCLE HIIT*	3
08:30 09:00	FUNCTIONAL TRAINING	3
09:00 09:30	FUNCTIONAL TRAINING	3
NEW 09:30 10:20	GROUP CYCLE*	2-3
09:30 10:25	BARRE CONCEPT	1-2
09:30 10:30	BODY PUMP	2-3
NEW 10:30 11:30	PILATES*	2-3
10:35 11:30	ZUMBA	1-3
11:30 12:00	FUNCTIONAL TRAINING	3
11:35 12:20	FITNESS PILATES*	1-3
NEW 11:35 12:25	COACH BY COLOUR	1-3
11:35 12:45	GENTLE FLOW VINYASA YOGA*	1-2
12:35 13:20	BOXERCISE*	1-3
13:00 13:30	FUNCTIONAL TRAINING	3
13:15 13:45	HIIT COACH BY COLOUR	2-3
13:20 14:05	POST-NATAL COURSE	1-2
18:30 19:00	GYM CORE	1-3
NEW 18:30 19:30	YIN YOGA	1-3

SATURDAY

NEW 08:35 09:15	KONGA*	1-3
08:50 09:20	GYM CORE*	1-3
09:00 10:00	PILATES*	2-3
09:20 10:00	KONGA*	1-3
09:30 10:00	FUNCTIONAL TRAINING	3
09:30 10:15	COACH BY COLOUR*	1-3
10:00 10:30	FUNCTIONAL TRAINING	3
10:05 10:55	INSANITY LIVE!™	2-3
10:15 11:30	DYNAMIC YOGA	2-3
11:00 11:45	TOTAL BODY WORKOUT*	2-3
17:00 17:30	GYM CORE*	1-3

SUNDAY

09:00 09:30	GYM CORE*	1-2
09:00 10:15	HATHA YOGA*	1-2
09:30 10:20	GROUP CYCLE*	2-3
10:30 11:00	GYM CORE*	1-2
10:30 11:30	BODY PUMP	2-3
NEW 10:45 11:45	FLOW VINYASA YOGA*	1-3
17:00 17:45	CIRCUITS*	1-3
18:00 18:55	MONTHLY WORKSHOPS	

Ask Reception for the location of each class.
*Class may be booked by junior members (14+).

Mind & Body	High Intensity	Dance
Cycling	Strength/Conditioning	Pool
	Other	

- LEVEL 1** Suitable as fun & enjoyable starter activities. Great classes if you are new or returning to exercise.
- LEVEL 2** Suitable for those attending group exercise classes regularly and wanting to maintain their fitness.
- LEVEL 3** Intense, challenging classes! A high level of fitness & mobility is required. Not suitable for those with injuries.

FOR THE LATEST TIMETABLE, VISIT OUR WEBSITE.
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MONDAY

06:35-07:20	SUSPENSION CIRCUIT*	3	Rodney
07:30-08:00	FUNCTIONAL TRAINING	3	Tom
NEW 08:00-09:00	DYNAMIC YOGA	1-3	Delia
09:00-09:30	GYM CORE	1-3	TEAM
09:15-10:00	KONGA*	1-3	Lilly
09:30-10:15	GROUP CYCLE*	1-2	Kathy
09:45-10:30	AQUA - MIX*	1-2	Tracey
10:05-11:00	TOTAL BODY WORKOUT	2-3	Caroline
10:30-11:30	BARRE CONCEPT	1-2	Vanessa
11:30-12:00	FUNCTIONAL TRAINING	3	TEAM
11:35-12:15	BACK CARE	1-2	Rodney
11:35-12:25	GROUP CYCLE - COACH BY COLOUR	2-3	Stefan
11:45-12:45	PILATES	2-3	Vanessa
12:30-13:10	CORE CONDITIONING*	1-2	James
13:15-13:45	FUNCTIONAL TRAINING	3	James
14:00-14:50	SIT & GET FIT	1-2	Lynne
17:30-18:15	GROUP CYCLE*	1-3	Caroline
18:15-19:10	BARRE CONCEPT	1-2	Vanessa
18:30-19:00	GYM CORE	1-2	Lynne
18:30-19:15	SUSPENSION CIRCUIT	2-3	James
18:30-19:15	AQUA - MIX	1-2	Mara
19:15-20:00	GROUP CYCLE	1-3	Jess
19:15-20:10	KONGA	1-2	Lilly
NEW 19:15-20:10	PILATES	1-2	Jo
20:00-20:45	SWIM FIT	1-3	Chris
NEW 20:15-21:10	PILATES	2-3	Jo
20:15-21:30	GENTLE FLOW VINYASA YOGA	1-2	Julia

TUESDAY

06:35-07:20	FITNESS PILATES	1-3	Lynne
09:05-10:00	ZUMBA*	1-2	Andrea
09:20-09:50	GROUP CYCLE - HIIT*	3	TEAM
09:30-10:45	FLOW VINYASA YOGA*	1-2	Rebecca
09:45-10:30	AQUA - DEEP WATER*	1-2	Dorota
10:00-10:30	GYM CORE*	1-2	TEAM
10:05-11:05	BODY PUMP	2-3	Katie
11:30-12:00	FUNCTIONAL TRAINING	3	TEAM
NEW 11:35-12:35	DYNAMIC YOGA	1-3	Sarah
11:45-12:30	GROUP CYCLE*	1-3	Caroline
12:35-13:20	PILATES*	2-3	Caroline
13:00-13:30	FUNCTIONAL TRAINING	3	TEAM
14:00-14:45	CLUB ACTIVE	1-2	Poppy
18:30-19:25	BODY PUMP	2-3	Lisa
18:45-19:30	AQUA - MIX	1-3	Arthur
18:50-19:20	GROUP CYCLE - HIIT	2-3	Tom
19:30-20:00	GYM CORE	1-3	TEAM
19:30-20:00	FUNCTIONAL TRAINING	3	Katie
19:30-20:30	FITNESS PILATES	2-3	Stefan
NEW 19:35-20:20	BOXERCISE	1-3	Lisa

WEDNESDAY

06:35-07:20	CIRCUITS*	1-3	Tom
08:15-08:45	FUNCTIONAL TRAINING	3	Chris
09:00-09:30	FUNCTIONAL TRAINING	3	Chris
09:30-10:20	GROUP CYCLE - COACH BY COLOUR*	1-3	Jess
09:30-10:20	SUSPENSION CIRCUITS	2-3	Caroline
09:30-10:30	BARRE CONCEPT*	2-3	Rebecca H
09:45-10:30	AQUA MIX*	1-2	Tracey
10:30-11:25	PILATES*	2-3	Caroline
10:45-12:00	IYENGAR YOGA*	2-3	Sharon
NEW 11:30-12:25	PILATES*	1-2	Caroline
12:30-13:15	BODY PUMP EXPRESS	1-2	Katie
12:30-13:15	PILATES*	1-3	Chris
NEW 13:00-13:30	GROUP CYCLE - HIIT	2-3	Tom
NEW 13:30-14:45	DYNAMIC YOGA	1-3	Hala
17:30-18:15	STRONG NOT SKINNY*	1-3	Lilly
18:00-18:30	FUNCTIONAL TRAINING	3	TEAM
18:30-19:20	KONGA	1-3	Lilly
18:30-19:25	PILATES	2-3	Caroline
18:45-19:15	FUNCTIONAL TRAINING	3	James
NEW 19:15-20:00	GROUP CYCLE - COACH BY COLOUR	1-3	Sam
19:30-20:20	INSANITY LIVE!™	2-3	James
19:30-20:45	DYNAMIC YOGA	2-3	Delia

THURSDAY

06:35-07:20	BODY PUMP EXPRESS	2-3	Haley
06:35-07:20	SWIM FIT*	1-2	Chris
06:40-07:10	FUNCTIONAL TRAINING	3	Katie
09:10-09:55	BARRE CONCEPT*	1-2	Vanessa
09:15-10:00	SUSPENSION CIRCUIT	2-3	Haley
09:15-10:00	GROUP CYCLE	1-2	Kathy
09:45-10:30	AQUA - DEEP WATER*	1-3	Dorota
10:00-10:30	GYM CORE*	1-3	TEAM
10:05-11:00	TOTAL BODY WORKOUT	2-3	Haley
10:10-11:25	IYENGAR YOGA*	2-3	Sharon
NEW 11:30-12:00	FUNCTIONAL TRAINING	3	TEAM
11:30-12:25	PILATES	1-2	Vanessa
11:35-12:10	AQUA - HIIT	1-2	Haley
NEW 11:35-12:25	KONGA	1-3	Lily
12:15-13:00	SWIM FIT*	1-3	Kathy
12:30-13:15	BACK CARE	1-2	Rodney
12:30-13:15	SUSPENSION CIRCUITS	2-3	James
14:00-15:00	GENTLE YOGA	1-2	Terri
NEW 18:30-19:00	GYM CORE	1-2	Ross
18:30-19:10	AQUA - HIIT	1-3	Arthur
18:30-19:15	GROUP CYCLE	1-3	Mike
19:30-20:30	BODY PUMP	2-3	Mike
19:30-20:45	IYENGAR FLOW YOGA	1-2	Yolanda

FRIDAY

06:40-07:10	GROUP CYCLE - HIIT*	3	TEAM
08:30-09:00	FUNCTIONAL TRAINING	3	TEAM
09:00-09:30	FUNCTIONAL TRAINING	3	TEAM
NEW 09:30-10:20	GROUP CYCLE*	2-3	Sam
09:30-10:25	BARRE CONCEPT	1-2	Vanessa
09:30-10:30	BODY PUMP	2-3	Haley
NEW 10:30-11:30	PILATES*	2-3	Vanessa
10:35-11:30	ZUMBA	1-3	Andrea
11:30-12:00	FUNCTIONAL TRAINING	3	Dan
11:35-12:20	FITNESS PILATES*	1-3	Haley
NEW 11:35-12:25	GROUP CYCLE - COACH BY COLOUR	1-3	Stefan
11:35-12:45	GENTLE FLOW VINYASA YOGA*	1-2	Julia
12:35-13:20	BOXERCISE*	1-3	Lisa
13:00-13:30	FUNCTIONAL TRAINING	3	TEAM
13:15-13:45	GROUP CYCLE - HIIT COACH BY COLOUR	2-3	Stefan
13:20-14:05	POST-NATAL COURSE	1-2	Haley
18:30-19:00	GYM CORE	1-3	Ross
NEW 18:30-19:30	YIN YOGA	1-3	Sarah

SATURDAY

NEW 08:35-09:15	KONGA*	1-3	Lilly
08:50-09:20	GYM CORE*	1-3	TEAM
09:00-10:00	PILATES*	2-3	Caroline
09:20-10:00	KONGA*	1-3	Lilly
09:30-10:00	FUNCTIONAL TRAINING	3	Dan/Katie
09:30-10:15	GROUP CYCLE - COACH BY COLOUR*	1-3	Kathy
10:00-10:30	FUNCTIONAL TRAINING	3	Dan/Katie
10:05-10:55	INSANITY LIVE!™	2-3	Alice/Emma
10:15-11:30	DYNAMIC YOGA	2-3	Delia
11:00-11:45	TOTAL BODY WORKOUT*	2-3	Caroline
17:00-17:30	GYM CORE*	1-3	Cameron

SUNDAY

09:00-09:30	GYM CORE*	1-2	Cameron
09:00-10:15	HATHA YOGA*	1-2	Rebecca
09:30-10:20	GROUP CYCLE*	2-3	Steph
10:30-11:00	GYM CORE*	1-2	Cameron
10:30-11:30	BODY PUMP	2-3	Steph
NEW 10:45-11:45	FLOW VINYASA YOGA*	1-3	Terri
17:00-17:45	CIRCUITS*	1-3	Rob/Tom
18:00-18:55	MONTHLY WORKSHOPS	See studio notice board for details	

- LEVEL 1** Suitable as fun & enjoyable starter activities. Great classes if you are new or returning to exercise.
- LEVEL 2** Suitable for those attending group exercise classes regularly and wanting to maintain their fitness.
- LEVEL 3** Intense, challenging classes! A high level of fitness & mobility is required. Not suitable for those with injuries.





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