

GROUP FITNESS TIMETABLE

MON	TUE	WED	THU	FRI	SAT	SUN
BODY PUMP 07:00-07:45 Michaela	YOGA 09:15-10:15 Lina	YOGA 08:15-09:15 Vanessa	YOGA 07:45-08:45 Vanessa	BODY COMBAT 07:00-08:00 Zenobia	BODY STEP 09:00-10:00 Will/Alex	CIRCUIT TRAINING 09:00-09:45 Matt Mc
AQUA AEROBICS 09:30-10:15 (Term Time Only) Matt Mc	ZUMBA TONING 10:30-11:30 Becks	CIRCUIT TRAINING 09:30-10:30 Leah	BODY PUMP 09:15-10:00 Zenobia	INDOOR CYCLING Coach by Colour 09:15-10:00 Zenobia	CIRCUIT TRAINING 10:15-11:15 Sophie	ZUMBA 09:30-10:30 Jeanette
DANCERCISE 10:00-11:00 Becks	AQUA AEROBICS 14:15-15:00 Matt Mc	CYCLE - RHYTHM 09:45-10:30 Stacey	BODY COMBAT 10:15-11:00 Zenobia	ZUMBA 10:00-11:00 Becks		PILATES 10:45-11:45 Suzie
YOGA 13:00-14:00 Vanessa	TABATA 18:00-19:00 Matt C	BODY PUMP 10:45-11:30 Stacey	AQUA AEROBICS 11:15-12:00 (Holiday) 12:15-13:00 (Term) Matt Mc	YOGA 17:30-18:30 Lina		
CYCLE - PERFORMANCE 17:00-17:45 Matt Mc	BODY STEP 19:00-20:00 Will/Alex	BODY BALANCE 11:30-12:15 Stacey	BODY BALANCE 14:30-15:30 Stacey	INDOOR CYCLING Find your Baseline 17:45-18:30 Zenobia		
BODY COMBAT 18:00-19:00 Michaela	INDOOR CYCLING Coach by Colour 19:15-20:00 Zenobia	YOGA 15:30-16:30 Vanessa	YIN YOGA 15:45-16:30 Stacey	BODY PUMP 18:40-19:40 Zenobia		Dance Studio
BODY ATTACK 19:00-20:00 Michaela		YOGA 16:45-17:45 Lina	PILATES 17:00-17:45 Stacey	AQUA AEROBICS 19:30-20:15 Sophie		Spin Studio
		BODY ATTACK 18:00-19:00 Michaela	BODY PUMP 18:00-18:45 Stacey			Main Pool
		BODY PUMP 19:00-20:00 Michaela	ZUMBA 19:45-20:45 Jeanette			Gym

AQUA AEROBICS

Aqua aerobics classes involve all the usual exercises you would complete in a studio based aerobics session, just in water. Exercising in water provides a great low-impact way to improve fitness without causing stress to your joints and muscles.

CIRCUIT TRAINING The instructor decides on a number of different strength and/or cardio based exercises which are performed at different stations one after the other. Usual circuit training sessions will allow for a short rest period in between stations and a longer rest period before the whole circuit is repeated.

BODYATTACK™ is a sports-inspired cardio workout for building both strength and stamina. It combines athletic aerobic movements with strength and stabilisation exercises to create a killer workout that gets results.

BODYBALANCE™ is the yoga-based class that will improve your mind, body and life. During BODYBALANCE™, an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and elements of Tai Chi and Pilates.

BODY PUMP

Get lean, build strength and tone muscle with BODYPUMP, a group-based barbell class to work all your major muscle groups.

BODYCOMBAT™ is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories in a class. No experience needed. Learn moves from karate, Taekwondo, boxing, Muay Thai, capoeira and kung fu.

BODYSTEP™ is a step aerobics class where you complete simple movements on, over and around a height-adjustable step. Routines vary from high intensity moves to resistance and include muscle-conditioning exercises.

CYCLE - PERFORMANCE

An intense indoor Indoor cycling session designed to closely simulate road cycling with sustained hard efforts and longer hills.

CYCLE - RHYTHM

A mixed intensity indoor cycling session where you will work at intervals of differing intensity and cadence depending on the beat of the music.

INDOOR CYCLING - COACH BY COLOUR

Coach By Color classes use the bikes training system to deliver real-time, colour-coded feedback to the user. Coach By Color has five coloured training zones which allow you to accurately coach your efforts for the best customised results.

INDOOR CYCLING - FIND YOUR BASELINE

Find Your Baseline sessions enable a rider to find their Functional Threshold Power (FTP) for Coach by Colour classes. Every rider will have an individual FTP personal only to them, and as such every rider will be riding a bike with a console personal to them and their ability.

DANCERCISE

Dance fitness is a type of group exercise class that incorporates various forms of dance. It's an aerobic workout, divided into different tracks that provide peaks and troughs of intensity.

TABATA A type of High Intensity Interval Training (HIIT). It involves running, cycling or performing other cardio moves such as burpees or jumping jacks to maximise effort for 20 seconds, followed by 10 seconds of rest. Intervals are performed 8 times to create 4 minute blocks.

PILATES Classes that aim to increase full body strength, with particular emphasis on working your core muscles. Pilates exercises are done on a mat or using other specialised equipment.

YOGA An ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental well-being. The main components of yoga are postures (a series of movements designed to increase strength and flexibility) and breathing.

ZUMBA

Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba classes feature exotic rhythms set to high-energy Latin and international beats.

ZUMBA TONING

Perfect for those who want to party, but put extra emphasis on toning and sculpting to define those muscles!

YIN YOGA A slow-paced style of yoga as exercise, incorporating principles of Traditional Chinese Medicine, with asanas that are held for longer periods of time.