

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	STEADY STEPS 12:00-12:45 David	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	AQUA AEROBICS 14:15-15:00 Matt Mc	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		PILATES 11:45-12:45 Suzie
CYCLE - PERFORMANCE 17:00-17:45 Matt Mc	TABATA 18:00-19:00 Matt C	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 ATTACK 17:45-18:30 Will/Alex	BODY STEP 19:00-20:00 Will/Alex	YOGA 15:30-16:30 Vanessa	YIN YOGA 15:45-16:30 Stacey	BODY PUMP 18:40-19:40 Zenobia		Dance Studio
BODY COMBAT 18:30-19:15 Michaela	INDOOR CYCLING Coach by Colour 19:15-20:00 Zenobia	YOGA 16:45-17:45 Lina	PILATES 17:00-17:45 Stacey	AQUA AEROBICS 19:30-20:15 Sophie		Spin Studio
CORE 19:15-20:00 Michaela		BODY COMBAT 18:00-19:00 Michaela	BODY ATTACK 18:00-19:00 Will/Alex			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.

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 workout that gets results.

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

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.

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

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

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

CORE™ Exercising muscles around the core, CORE™ provides vital ingredients for a stronger body. A stronger core can make you better at all things you do.

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.

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.

INDOOR CYCLING - COACH BY COLOUR 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 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.

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.

STEADY STEPS This class aims to improve balance, strength and flexibility through functional exercises, therefore reducing falls and fear of falling in older adults. This class is mainly chair based and is designed to deliver a safe, effective and progressive exercise.

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.

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

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 with exotic rhythms set to high-energy Latin and international beats.

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.

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.