

GROUP FITNESS TIMETABLE

MON	TUE	WED	THU	FRI	SAT	SUN
BODY PUMP 07:00-07:45 Michaela	YOGA 09:15-10:15 Lina	CIRCUIT TRAINING 09:30-10:30 Leah	BODY PUMP 09:15-10:00 Zenobia	BODY COMBAT 07:00-08:00 Zenobia	BODY STEP 09:00-10:00 Will/Alex	ZUMBA 09:30-10:30 Jeanette
DANCERCISE 10:00-11:00 Becks	ZUMBA TONING 10:30-11:30 Becks	SPIN 09:45-10:30 Stacey	BODY COMBAT 10:15-11:00 Zenobia	ZUMBA 10:00-11:00 Becks	CIRCUIT TRAINING 10:15-11:15 Sophie	
YOGA 13:00-14:00 Susan	AQUA AEROBICS 14:15-15:00 Bryony	BODY PUMP 10:45-11:30 Stacey	BODY BALANCE 14:30-15:30 Stacey	YOGA 17:30-18:30 Lina		
BODY COMBAT 18:00-19:00 Michaela	TABATA 18:00-19:00 Matt	BODY BALANCE 11:30-12:15 Stacey	HATHA YOGA 15:30-16:30 Stacey	SPIN 17:45-18:30 Zenobia		
BODY ATTACK 19:00-20:00 Michaela	BODY STEP 19:00-20:00 Will/Alex	AQUA AEROBICS 12:15-13:00 Bryony	YIN YOGA 17:00-17:45 Stacey	BODY PUMP 18:40-19:40 Zenobia		
		YOGA 15:30-16:30 Vanessa	BODY PUMP 18:00-18:45 Stacey	AQUA AEROBICS 19:30-20:15 Sophie		
		YOGA 16:45-17:45 Lina	PILATES 19:00-19:45 Stacey			Dance Studio
		BODY ATTACK 18:00-19:00 Michaela				Spin Studio
		BODY PUMP 19:00-20:00 Michaela	ZUMBA 20:00-21:00 Jeanette			Main Pool

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 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.

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 cardio moves to resistance and muscle-conditioning exercises.

CIRCUIT TRAINING

Circuit training comes in many shapes and sizes. 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.

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.

HATHA YOGA

A Yoga class focused on poses, you should end up leaving class feeling longer, looser, and more relaxed.

PILATES

Pilates classes 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.

SPIN

Spin is a cardiovascular training class on a stationary exercise bike. You have complete control of the resistance on your bike and your instructor will guide you through hill climbs, sprints and power intervals, all aimed at increasing lower body strength and improving stamina.

TABATA

Tabata is 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.

YIN YOGA

Yin Yoga is 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

Yoga is 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!