

Group Fitness Timetable

	Time	Class	Instructor
Monday	09.30-10.15	Step Aerobics	Lisa R
	10.15-11.00	Legs, Bums & Tums	Lisa R
	11.15-12.15	Body Balance	Lisa R
	13.00-14.00	Tai Chi	John
	17.30-18.15	RPM	Richard
	18.00-18.55	Hi Lo Aerobics	Davina
	18.15-19.05	RPM	Lisa R
	19.00-19.45	Aqua Aerobics	Diane
	19.00-19.45	Step Aerobics	Julie
	20.00-20.55	Body Conditioning	Julie
Tuesday	07.15-07.45	Earlybird Spin	Lisa H
	09.30-10.15	Hi Lo Aerobics	Lisa R
	10.15-11.15	Body Pump	Lisa R
	17.30-18.15	Legs, Bums & Tums	Priscilla
	18.00-18.45	Spinning	Paul
	18.15-19.00	Legs, Bums & Tums	Debbie
	19.00-20.00	Body Combat	Debbie
	20.05-21.05	Body Pump	Paul
	21.10-22.00	Tai Chi	John
Wednesday	09.30-10.15	Tai Chi Nifty 50's	John
	10.15-11.05	Tai Chi Nifty 50's	Julie
	10.15-11.00	Spinning	Davina
	11.15-12.15	Step & Tone	Davina
	13.00-14.00	Tai Chi	John
	17.30-18.00	Cycle Blast	Paul
	18.00-19.00	Body Pump	Davina
	18.00-19.00	Circuits	Debbie
	18.00-18.45	Spinning	Tash
	19.05-19.55	Legs, Bums & Tums	Davina
	19.00-19.45	Spinning	Tash
	19.00-19.45	Aqua Aerobics	Carol
	20.00-20.55	Step Aerobics	Julie
Thursday	09.30-10.15	Aerotone	Tash
	10.15-11.15	Body Combat	Tash
	18.00-18.45	RPM	Richard
	17.55-18.55	Body Pump	Lisa R
	19.00-19.50	RPM	Lisa R
	19.00-20.00	Tai Chi	John
	19.00-20.00	Body Combat	Debbie
	19.00-20.00	Boxercise	Paul
	20.05-20.55	Legs, Bums & Tums	Julie
	21.00-21.55	Line Dancing	Julie
	Friday	07.15-07.45	Early Bird Spin
09.30-10.15		Step Aerobics	Lisa R
10.15-11.00		Legs, Bums & Tums	Lisa R
11.15-12.15		Body Balance	Lisa R
13.00-14.00		Tai Chi	John
18.00-18.45		Spinning	Debbie
18.00-19.00		Yoga (£)	Farrukh
Saturday	09.30-10.20	Body Conditioning	Debbie
	10.30-11.20	RPM	Perry
	10.25-11.25	Body Pump	Richard
Sunday	08.00-08.45	Spinning	Priscilla
	09.30-10.15	Aerotone	Tash
	10.20-11.20	Body Pump	Debbie
	16.00-17.00	TBC	TBC

*Not included in membership package



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STRENGTH AND CONDITIONING

LEGS BUMS TUMS - Low Impact conditioning class incorporating squats, lunges, & floorwork targeting areas from the waist down.

BODY CONDITIONING - As above with a mix of low impact exercises, with the use of hand weights, bands & body bars. May incorporate some aerobic moves.

CIRCUITS - A moderate/high intensity circuit class with timed interval exercises at multiple stations, to help improve cardiovascular fitness & muscular strength & endurance.

BODYPUMP - Uses a specifically designed barbell system & incorporates weights into a pre choreographed workout.

AQUAFIT - A water based aerobic class ideal for those with joint problems or injuries.

CARDIOVASCULAR

STEP - A high intensity fat burning class.

A choreographed workout on a step platform designed to improve your cardiovascular fitness, & tone up your lower body.

SPIN - An indoor cycling class tailored to your own level, to help improve your cardiovascular fitness.

RPM - An indoor cycling class with pre-choreographed routines & dynamic music. Challenging your cardiovascular fitness & lower body strength.

BODY COMBAT - A pre choreographed high intensity workout with a range of self disciplines including Karate, Kick boxing & Tai-chi.

HI/LO AEROBICS - A exercise to music class, incorporating toning exercises.

HOLISTICS

BODY BALANCE - A pre choreographed dynamic class, incorporating Yoga, Tai-Chi & Pilates. Improves joint mobility, flexibility, & range of motion, core strength & posture. Please remove shoes & socks prior to the workout.

TAI-CHI - A martial art based class to improve powers of mental concentration & body control. Helping to conserve & increase your energy flow.