

# Group Fitness Timetable

	Studio One		Studio Two	
MONDAY	09.30 - 10.30	Body Pump	07.00 - 07.45	Spintone
	10.30 - 11.30	Body Combat	17.30 - 18.15	Spintone
	12.00 - 13.00	Pilates	18.30 - 19.15	Spintone
	17.30 - 18.30	Circuit Tone	19.30 - 20.15	RPM
	18.30 - 19.30	Box n Tone		
	19.30 - 20.30	Body Balance		
TUESDAY	20.30 - 21.30	Tone Ball		
	07.00 - 07.45	Circuit Tone	09.30 - 10.15	RPM
	10.30 - 11.30	Body Balance	17.45 - 18.30	RPM
	12.00 - 13.00	Yoga	18.30 - 19.15	RPM
	17.30 - 18.30	Interval Bodytone	19.30 - 20.30	Spinbox&tone
	18.30 - 19.30	Toneball		
WEDNESDAY	19.30 - 20.30	Body Balance		
	20.30 - 21.30	Zumba*		
	09.45 - 10.45	Multitone	07.00 - 07.45	Spintone
	10.45 - 11.45	Pilates	17.30 - 18.15	Spintone
	17.30 - 18.30	Step Aerotone	18.30 - 19.15	Spintone
	18.30 - 19.30	Body Pump	19.25 - 20.25	Spinbox&tone
THURSDAY	19.35 - 20.35	Yoga (beginners/general)	20.30 - 21.30	Zumba*
	07.00 - 07.45	Circuit Tone	17.30 - 18.15	Spintone
	09.30 - 10.30	Body Pump	18.30 - 19.15	Spintone
	10.30 - 11.30	Body Combat	19.30 - 20.15	RPM
	17.30 - 18.30	Body Combat		
	18.30 - 19.30	Body Attack		
FRIDAY	19.30 - 20.30	Pilates		
	20.30 - 21.30	Body Pump		
	09.45 - 10.45	Zumba*	07.00 - 07.45	Spintone
	11.00 - 12.00	Yoga	12.15 - 13.00	RPM
	13.15 - 14.15	Body Balance	17.45 - 18.30	Spintone
	16.30 - 17.30	Toneball		
SATURDAY	17.30 - 18.30	Zumba*		
	18.30 - 19.30	Body Combat		
	10.00 - 11.00	Yoga (improvers)	10.00 - 10.45	Spintone
	11.00 - 12.00	Body Combat		
SUNDAY	12.00 - 13.00	Body Balance		
	08.30 - 09.30	Body Pump	09.45 - 10.30	RPM
	15.30 - 17.00	Yoga (improvers)	17.45 - 18.30	Spintone
	17.00 - 18.00	Body Pump		
	18.00 - 18.45	Zumba*		
	18.45 - 19.45	Body Combat		

\*Payable Class

\*\*New Class/Alteration



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**Spintone** - This indoor cycling programme develops cardio capacity and incorporates a variety of intensities working to a selection of up beat music.

**RPM**® - This indoor cycling programme with specifically pre-choreographed music develops cardio capacity, provides a fast improvement in general endurance and an increase in lower body strength.

**Body Pump**® - Uses a specifically designed barbell system and incorporates weights into a pre choreographed workout.

**Body Balance**® - A dynamic, fitness-music programme incorporating Yoga, Tai Chi and Pilates.

**Box n Tone** - A circuit based class focussing on the skills and techniques of boxing using a variety of boxing methods.

**Multitone** - A circuit-based class incorporating a mix of aerobic and holistic (slow controlled) movements aimed to increase cardiovascular capacity, strength and tone.

**Body Combat**® - A pre-choreographed class that combines energetic moves and stances developed from a range of self- defence disciplines including Karate, Kick Boxing, Tai Chi and Tae Kwando.

**Circuit Tone** - A circuit-based class, incorporating a mixture of cardio, strength and flexibility stations.

**Toneball** - Stability ball based workout concentrating on working the core in a mixture of static and free moving positions.

**Pilates** - A challenging and refreshing mind- body workout focussing on improving core stability and posture. Pilates aims to increase flexibility, agility and strengthen muscles.

**Spinbox & Tone** - This class incorporates a mix of indoor cycling and boxing. A great class for increasing cardio capacity and stamina as well as toning upper and lower body.

**Step Aerotone** - A choreographed class for all abilities incorporating basic aerobic moves with a step platform.

**Interval Body Tone** - A full body interval workout incorporating aerobics, step and weights to increase cardio capacity and strength.

**Yoga** - A mixture of stretches, poses and postures of varying levels of difficulties that aim to increase range of motion, facilitate relaxation and release tension through focusing on posture, alignment and breathing.

**Zumba**® (payable class) - This class is a Latin-inspired, dance-fitness class which combines fast and slow rhythms that tone and sculpt the body. Zumba integrates some of the basic principles of aerobic, interval, and resistance training to maximise caloric output, cardiovascular benefits, and total body toning.

**Body Attack**® - This class is a sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. A great calorie burner for toning and shaping the body.

