

Group Fitness Timetable

	Studio One		Studio Two	
MONDAY	09.45 - 10.45	Body Pump	07.00 - 07.45	Spintone
	10.45 - 11.45	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	Pilates		
TUESDAY	20.30 - 21.30	Tone Ball		
	07.00 - 07.45	Circuit Tone	09.30 - 10.15	RPM
	09.30 - 10.30	Step Aerotone	12.00 - 12.45	Spintone
	10.30 - 11.30	Body Balance	17.45 - 18.30	RPM
	13.00 - 14.00	Yoga	18.30 - 19.15	RPM
	17.15 - 18.15	Interval Bodytone		
WEDNESDAY	18.30 - 19.30	Toneball		
	19.30 - 20.30	Body Balance		
	09.45 - 10.45	Multitone	07.00 - 07.45	Spintone
	10.45 - 11.45	Pilates	17.30 - 18.15	Spintone
	17.30 - 18.30	Dance Aerotone	18.30 - 19.15	Spintone
	18.30 - 19.30	Body Pump	19.30 - 20.15	Spintone
THURSDAY	19.30 - 20.30	Yoga		
	20.30 - 21.30	Body Balance		
	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	19.35 - 20.20	RPM
	13.30 - 14.30	Pilates		
FRIDAY	17.30 - 18.30	Box n Tone		
	18.30 - 19.30	Step Aerotone		
	19.30 - 20.30	Pilates		
	20.30 - 21.30	Body Pump		
	09.45 - 10.45	Aerotone	07.00 - 07.45	Spintone
	10.45 - 11.30	Toneball	12.00 - 12.45	RPM
SATURDAY	13.00 - 14.00	Body Balance	17.45 - 18.30	Spintone
	16.30 - 17.30	Toneball	18.30 - 19.15	RPM
	17.30 - 18.30	Multitone		
	18.30 - 19.30	Body Combat		
	19.30 - 20.30	Tai Chi		
	09.00 - 10.00	Step Aerotone	10.00 - 10.45	Spintone
SUNDAY	10.00 - 11.00	Yoga		
	11.00 - 12.00	Body Combat		
	12.00 - 13.00	Body Balance		
	17.00 - 18.00	Body Jam		
	10.00 - 11.00	Tai Chi (intermediate)	10.15 - 11.00	RPM
	11.00 - 12.00	Tai Chi (beginners)	17.45 - 18.30	Spintone
INTERNATIONAL POOL TERRACE: Wednesday, 17.30-18.30 - Circuit Tone*	15.45 - 17.00	Yoga		
	17.00 - 18.00	Body Pump		
	18.00 - 18.45	Pilates Glide		
	18.45 - 19.45	Body Combat		

INTERNATIONAL POOL TERRACE: Wednesday, 17.30-18.30 - Circuit Tone*
 *Only in adverse weather conditions will this class not take place. We will inform all participants booked on if this is the case.

*New Class/Alteration



Class Descriptions

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

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

Aerotone – Aimed at increasing cardio capacity and strength for all abilities in an enjoyable and challenging workout to up beat music

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.

Tai Chi (Beginners) – For all who have never tried Tai Chi before. This martial art concentrates on increasing flexibility, muscle strength and posture.

Intensity Level:
Intermediate/Advanced – 2-3

Dance Aerotone – A high intensity class incorporating basic aerobic moves with choreographed dance routines. IL: 2-3

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

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

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

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

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.

Tai Chi (Intermediate) – A martial art that concentrates on increasing flexibility, muscle strength and posture. This form of meditation is ideal for relaxation, reducing stress and tension, boosting energy levels, toning muscles and rehabilitation

Body Jam® – A fusion of dance and aerobic moves. The blend includes the latest sounds of hip hop and funk together with the coolest sounds of the current music chart

Pilates Glide – A new and challenging workout drawing on aerobics and pilates. This class incorporates body sculpting, balance, flexibility, core and cardio. An excellent workout that is suitable for all.

