

CLASS TIMETABLE

UNIVERSITY OF CAMBRIDGE SPORTS CENTRE



Day	Room	Time	Class	Instructor
Monday	Studio 2	07:30 - 08:15	CoreXperience	Karim
Monday	Studio 1	13:05 – 13:50	BODYPUMP™	Roxanna
Monday	Studio 2	13:05 – 13:50	Pilates	Daniel
Monday	Studio 1	17:30 – 18:25	Studio Cycling	Ashley
Monday	Studio 2	17:30 – 18:25	Zumba	Emma
Monday	Studio 1	18:30 – 19:25	Circuits	Fitness Team
Monday	Studio 2	18:30 – 19:25	Yoga	Martin
Tuesday	Studio 1	07:00 – 07:45	Studio Cycling	Ashley
Tuesday	TTR	13:05 – 13:50	MetCon	Fitness Team
Tuesday	Studio 1	17:30 – 18:25	Boxercise®	Jules
Tuesday	Studio 1	18:30 – 19:25	BODYPUMP™	Bernie
Wednesday	Studio 2	12:30 – 13:15	Pilates	Lucia
Wednesday	Studio 1	18:30 – 19:25	MetCon	Fitness Team
Thursday	Studio 1	07:00 – 07:45	Studio Cycling	Aymen
Thursday	TTR	13:05 – 13:50	Circuits	Fitness Team
Thursday	Studio 2	13:05 – 13:50	Iyengar Yoga	Arabella
Thursday	Studio 1	18:30 – 19:25	BODYPUMP™	Kristian
Thursday	Studio 2	18:30 – 19:25	Zumba©	Orsi
Friday	Studio 2	07:30 – 08:15	CoreXperience	Karim
Friday	Studio 2	13:05 – 13:50	Ballet Barre	Jessica
Friday	TTR	17:30 – 18:25	Circuits	Fitness Team
Friday	Studio 2	18:30 – 19:20	Yoga	Jessica
Saturday	Studio 1	08:30 - 09:25	Boxercise®	Elena

BALLET BARRE: Ballet Barre is a low impact, total body workout that will appeal to everyone. Small isometric contractions are performed and integrated with an interval training approach that improves cardiovascular fitness. Posture, flexibility, stamina and core strength improve, resulting in a body that is realigned, rebalanced and works harmoniously and efficiently.

BODYPUMP™: The original barbell class. Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

CIRCUITS: Station-based exercise class using work intervals of 50 seconds. Body weight exercises and an assortment of fitness equipment including dumbbells, Swiss balls, kettlebells and much more will be used! A great all round class which improves muscular and aerobic endurance.

COREXPRIENCE: A low- impact, stress- relieving workout; combining bodyweight exercises, pelvic floor strengthening, core muscle toning and balance workouts. The endurance techniques will build natural strength and increase stamina. The class will help you to reconnect with and appreciate your body.

IYENGAR YOGA: This yoga practice promotes strength, suppleness and vitality as well as a sense of internal harmony and well-being. Regular practise helps to reduce stress and increase energy levels and concentration. Classes have a strong emphasis on alignment, bringing more balance to the body and improving posture.

METCON: Bored of your training routine? Then why not try Metabolic Conditioning training! This is a high intensity training class where the routine is changed regularly to keep the body guessing. You will be pushed to your limits for maximum calorie burn!

PILATES: Pilates is suitable for all levels of fitness. It is aimed at improving and strengthening your posture, as well as developing flexibility to aid relaxation.

STUDIO CYCLING: Indoor cycling class based on Spinning principles providing an intense cardiovascular workout in a motivating group environment. Be prepared for tough hill sprints and speed intervals that will really push your physical and mental thresholds.

YOGA FLOW: A yoga class which, via a series of postures, internal dynamics and breathing techniques, encourages a deeper understanding and control of the physical body.

ZUMBA©: Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.