

Class Timetable

	Room	Time	Class	Instructor
Monday	Studio 2	07:00 – 07:45	Kickstart	Fitness Staff
	Studio 1	09.30 – 10.25	Total Body Tone	Emma
	Studio 1	13:05 – 13:50	BODYPUMP™	Roxanna
	Studio 2	13:05 – 13:50	Pilates	Daniel
	TTR	13.05 – 13.50	Metcon	Fitness Staff
	Studio 1	17:30 – 18:25	Studio Cycling	Ashley
	Studio 2	17:30 – 18:25	Zumba	Kazumi
	Studio 1	18:30 – 19:25	Circuits	Fitness Team
	Studio 2	18:30 – 19:25	Yoga	Martin
Tuesday	Studio 1	07:00 – 07:45	Studio Cycling	Ashley
	Studio 1	12.30 – 13.25	LBT	Judit
	TTR	13:05 – 13:50	MetCon	Fitness Team
	Studio 2	13.05 – 13.50	Pilates	Emma
	Studio 1	17:30 – 18:25	Boxercise®	Elena
	Studio 1	18:30 – 19:25	BODYPUMP™	Bernie
	Studio 1	19:25 – 19:55	Grit Strength	Helen
Wednesday	Studio 1	07.00 – 07.45	Circuits	Fitness Team
	Studio 1	09.30 – 10.25	Step	Judit
	Studio 2	12:15 – 13:00	Pilates	Lucia
	TTR	13:05 – 13:50	Circuits	Fitness Team
	Studio 1	13.05 – 13.50	Studio cycling	Judit
	Studio 1	18:30 – 19:25	MetCon	Fitness Team
	Studio 2	19:30 – 20:25	Zumba Toning	Zsana
Thursday	Studio 1	07:00 – 07:45	Studio Cycling	Ashley
	TTR	13:05 – 13:50	Circuits	Fitness Team
	Studio 2	13:05 – 13:50	Iyengar Yoga	Arabella
	Studio 1	18:30 – 19:25	BODYPUMP™	Kristian
	Studio 2	18:30 – 19:25	Zumba©	Orsi
	Studio 2	19:25 – 19:55	CXWorx	Kristian
Friday	Studio 1	09.30 – 10.25	Total body tone	Judit
	Studio 2	13:05 – 13:50	Ballet Barre	Emma
	Studio 1	13:05 – 13:50	BODYPUMP™	Laura
	TTR	13.05 – 13.50	Metcon	Fitness Staff
	TTR	17:30 – 18:25	Circuits	Fitness Team
	Studio 2	18:30 – 19:20	Yoga	Jessica
Saturday	Studio 1	08:30 – 09:25	BODYPUMP™	Marta

“Before you know it, you’ll be getting fit and your energy levels will be soaring!”

BALLET BARRE - 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, working 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.

BOXERCISE® - Boxercise is based on the training concepts boxers use to keep fit. Punching, skipping, ducking and weaving are combined with body weight exercises, burpees, shuttle runs, press ups and 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.

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.

KICKSTART - Kickstart your Monday with the perfect exercises to start your week the right way by incorporating full body exercise with stretching, mobilisations and activations. Kickstart will improve your all round performance and give you a boost of energy when you need it most!

LEGS BUMS AND TUMS - Shape up and burn fat as you lunge, step and jump your way to fitness in this ever-popular fun class. The high repetition based routines will put your legs, bottom and stomach through their paces and help improve co-ordination, flexibility and stamina along the way.

METCON - Bored of your training routine? Then why not try Metabolic Conditioning training! 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.

STEP - Step up to the challenge of this cardio and toning class. Choreographed routines using the step to build up to a high intensity cardio workout. Great fun and particularly effective for fat burning & toning the lower body!

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.

TOTAL BODY CONDITIONING - combining high energy cardio with resistance work and stretching for a full body workout to deliver all round benefits from head to toe.

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® - 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.

ZUMBA® TONING - Those who want to party, but put extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged!

LES MILLS GRIT™ Strength - 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. Using barbell, weight plate and body weight exercises to blast all major muscle groups. Takes cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

CXWORX - Exercising muscles around the core, providing the vital ingredient for a stronger body. All the moves have options, so it's challenging but achievable for your own level of fitness. During the 30-minute workout trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers.