

# Class Timetable

	Room	Time	Class	Instructor
<b>Monday</b>	Studio 1	07:00 – 07:45	<b>HIIT</b>	Fitness Staff
	Studio 1	13:05 – 13:50	<b>BODYPUMP™</b>	Laura P-S
	Studio 2	13:05 – 13:50	<b>Pilates</b>	Daniel
	TTR	13.05 – 13.50	<b>Metcon</b>	Fitness Staff
	Studio 1	17:30 – 18:25	<b>Studio Cycling</b>	Ashley
	Studio 2	17:30 – 18:25	<b>BODYCOMBAT™</b>	Laura B
	Studio 1	18:30 – 19:25	<b>Circuits</b>	Fitness Team
	Studio 2	18:30 – 19:25	<b>Yoga</b>	Martin
<b>Tuesday</b>	Studio 1	07:00 – 07:45	<b>Studio Cycling</b>	Ashley
	Studio 1	12.30 – 13.25	<b>BODYCOMBAT™</b>	Zoe
	TTR	13:05 – 13:50	<b>MetCon</b>	Fitness Team
	Studio 2	13.05 – 13.50	<b>Pilates</b>	Emma
	Studio 1	17:30 – 18:25	<b>Boxercise®</b>	Elena
	Studio 1	18:30 – 19:25	<b>BODYPUMP™</b>	Bernie
	Studio 1	19:25 – 19:55	<b>Body Blast</b>	Fitness Team
<b>Wednesday</b>	Studio 1	07.00 – 07.45	<b>Circuits</b>	Fitness Team
	Studio 2	07.30 – 08.00	<b>Grit™</b>	Laura P-S
	Studio 1	09.30 – 10.15	<b>BODYCOMBAT™</b>	Laura P-S
	Studio 2	12:15 – 13:00	<b>Pilates</b>	Lucia
	TTR	13:05 – 13:50	<b>Circuits</b>	Fitness Team
	Studio 1	13.05 – 13.50	<b>Studio Cycling</b>	Lexi
	Studio 1	18:30 – 19:25	<b>MetCon</b>	Fitness Team
	Studio 2	19:30 – 20:25	<b>BODYCOMBAT™</b>	Jamie
	Studio 2	20.30 – 21.00	<b>CXWORX™</b>	Jamie/ Emma
<b>Thursday</b>	Studio 1	07:00 – 07:45	<b>Studio Cycling</b>	Ashley
	TTR	13:05 – 13:50	<b>Circuits</b>	Fitness Team
	Studio 2	13:00 – 13:55	<b>Yoga</b>	Arabella
	Studio 1	18:30 – 19:25	<b>BODYPUMP™</b>	Kristian
	Studio 2	18:30 – 19:25	<b>Zumba©</b>	Orsi
	Studio 2	19:30 – 20:00	<b>CXWORX™</b>	Kristian
<b>Friday</b>	Studio 1	07.00 – 07.30	<b>CXWORX™</b>	Jamie/ Emma
	Studio 1	12.15 – 12.45	<b>Grit™</b>	Laura P-S
	Studio 2	13:05 – 13:50	<b>Ballet Barre</b>	Emma
	Studio 1	13:05 – 13:50	<b>BODYPUMP™</b>	Laura P-S
	TTR	13.05 – 13.50	<b>Metcon</b>	Fitness Staff
	TTR	17:30 – 18:25	<b>Circuits</b>	Fitness Team
	Studio 2	18:30 – 19:25	<b>Yoga</b>	Jessica
	Studio 2	19:25 – 19:55	<b>Grit™</b>	Lidia
<b>Saturday</b>	Studio 1	08:30 – 09:25	<b>BODYPUMP™</b>	Joni

**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 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.

**BODY BLAST** - a 30 minute high intensity interval training class designed to improve cardiovascular and strength endurance using bodyweight exercises to blast all major muscle groups. Ideal for those looking for a quick full body conditioning.

**BODYCOMBAT™** - a workout and you'll punch and kick your way to fitness, burning up to 740 calories\*\* along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. A LES MILLS™ instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ.

**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!

**CXWORX** - Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favourite sports - it's the glue that holds everything together. All the moves in CXWORX 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. You will also get into some hip, butt and lower back exercises.

**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.

**HIIT (High Intensity Interval Training)** - A total body workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and set you up for the busy day ahead.

**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®** - 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.

**LES MILLS GRIT™** - 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.

**LES MILLS COMBAT** - a high-energy martial-arts inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories\* in a class.