

WALLASEY CLASS TIMETABLE

Trainee Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.30am [25mins] Spin Spin Studio	8.45am [25mins] Legs, Bums & Tums Studio	7.15am [25mins] HIIT Studio	7.15am [25mins] Spin Spin Studio	7.15am [40mins] Boxercise Studio	8.45am [55mins] BodyCombat Studio	9am [55mins] BodyBalance Studio
9.15am [55mins] BodyCombat Studio	9.15am [40mins] ZUMBA Studio	7.45am [55mins] BodyBalance Studio	7.45am [40mins] Legs, Bums & Tums Studio	8am [40mins] Pilates Studio	9.45am [45mins] BodyPump Studio	10am [25mins] Legs, Bums & Tums Studio
9.15am [40mins] Spin Spin Studio	9.15am [40mins] Spin Spin Studio	9am [10mins] Abs Studio	8.30am [25mins] Gym Induction Gym	9.15am [25mins] Spin Spin Studio	10.45am [55mins] Yoga Studio	10.30am [40mins] Cardio Blast Studio
10.15am [25mins] Gym Induction Gym	10am [25mins] Step Interval Studio	9.10am [60mins] BodyPump Studio	8.45am [25mins] Spin Spin Studio	9.15am [40mins] Legs, Bums & Tums Studio	12pm [25mins] Gym Induction Gym	11am [30mins] Inch Loss Plan Slimming Area
10.15am [50mins] BodyPump Studio	10am [15mins] Upper Body Gym	9.30am [25mins] Spin Spin Studio	9am [25mins] Nifty Fiftys Studio	10am [40mins] BodyCombat Studio	1.30pm [25mins] Legs, Bums & Tums Studio	11.15am [45mins] BodyPump Studio
10.45am [25mins] Women and Weights Gym	10.30am [40mins] BodyCombat Studio	10.15am [40mins] Boxercise Studio	9.30am [40mins] BodyCombat Studio	10am [25mins] Women & Weights Gym	2.00pm [25mins] Spin Spin Studio	11.45am [25mins] Gym Induction Gym
11.15am [25mins] Slimming Group Slimming Area	10.30am [25mins] Spin Spin Studio	10.15am [25mins] Gym Induction Gym	10.15am [25mins] Legs, Bums & Tums Studio	10.30am [40mins] Spin Spin Studio		12.15pm [55mins] Inch Loss Pilates Studio
11.15am [70mins] Yoga Studio	11.15am [25mins] Gym Induction Gym	11am [30mins] Express Balance Studio	10.45am [55mins] BodyBalance Studio	10.45am [55mins] BodyBalance Studio		
12.30pm [25mins] Gym Induction Gym	11.15am [40mins] Hearts Pump Studio	11am [25mins] Women & Weights Gym	11.45am [25mins] Gym Induction Gym	11.15am [25mins] Slimming Group Slimming Area		
4pm [25mins] Gym Induction Gym	12pm [55mins] BodyBalance Studio	11.30am [40mins] Legs, Bums & Tums Studio	4.30 [55mins] Yoga Studio	5.15pm [25mins] Spin Spin Studio		
4.30pm [25mins] HIIT Studio	4.30pm [25mins] Legs, Bums & Tums Studio	2pm [55mins] Inch Loss Pilates Studio	5.30pm [40mins] Boxercise Studio	5.45pm [55mins] BodyCombat Studio		
5.15pm [25mins] Legs, Bums & Tums Studio	5pm [25mins] Spin Spin Studio	4.30pm [25mins] Spin Spin Studio	6.15pm [40mins] Legs, Bums & Tums Studio	6.45pm [55mins] BodyBalance Studio		
5.45pm [25mins] Spin Spin Studio	5.25pm [60mins] BodyPump Studio	5.00pm [25mins] Legs, Bums & Tums Studio	7.00pm [25mins] Spin Spin Studio			
6.15pm [25mins] Spin Spin Studio	5.30pm [45mins] Personalised Programme Gym	5.30pm [55mins] Yoga Studio				
6.15pm [55mins] BodyCombat Studio	6.30pm [40mins] BodyCombat Studio	5.30pm [25mins] Slimming Group Slimming Area				
6.45pm [45mins] Personalised Programme Gym	6.30pm [25mins] Women & Weights Studio	6pm [25mins] Gym Induction Gym				
7.15pm [55mins] BodyBalance Studio	7pm [25mins] Spin Spin Studio	6pm [25mins] Women & Weights Studio				
	7.15pm [60mins] BodyBalance Studio	6.30pm [45mins] Hearts Pump Studio				
	7.30pm [25mins] Gym Induction Gym	6.30pm [45mins] Gym Programme Spin Studio				
		7.20pm [25mins] Spin Spin Studio				
		7.20pm [55mins] Beginners Running Club				

CLASS DESCRIPTIONS

Class	Class Description	The Benefits of the Class	Level
Ashtanga Yoga	A challenging, quick paced structured yoga class	Strength, flexibility and stress management	All (options given for beginners)
Body Balance*	Combines Tai-Chi, Pilates and Yoga exercises in one class	Lengthens, strengthens and tones muscles. Leaves you feeling centred and calm	All
Express Body Balance*	A condensed 25 minute Body Balance Class for busy people	Lengthens, strengthens and tones muscles. Leaves you feeling centred and calm	All
Body Combat*	Energetic, calorie burning class with moves and stances taken from self-defence sports such as Karate, Boxing and Tae Kwondo	Burns calories, improves cardiovascular system and tones muscles. Gives members a natural high	Intermediate/Advanced
Body Pump*	A fantastic muscle toning class, using steps and barbell weights	Can dramatically change your body shape by toning and defining muscles. Helps prevent Osteoporosis	All (options given for beginners)
Express Abs	A short 10minute session in the gym which focusses on the abdominal muscles	Strengthens core abdominals to tone stomach - great for members with little time to spend in the gym	All
Express Cardio	A short 10minute session in the gym which includes quick bursts of intensive exercises such as burpees and jumping jacks	Burns calories and increases fitness levels - great for members with little time to spend in the gym	All (options given for beginners)
Gym Induction	A basic introduction to teach members how to use the gym equipment	New members will learn how to use the gym equipment. Instructors will check and correct technique	Beginner
Hatha Yoga	A variety of standing and seated asanas (postures) and pranayama (breath work)	Strength, flexibility and stress management	All
HIIT	High Intensity Interval Training. This class is what you need to blast fat, burn calories and increase fitness levels by performing short blasts of intensive exercises	Burns calories and increases fitness levels using the unique interval training format.	All
Hot Pilates	A fitness pilates class performed in 80 - 100 degrees Fahrenheit taken in our specially heated studio	Increases circulation and lung capacity. Reduces stress and improves core strength. Burns between 500 and 1,250 calories per session	Not suitable for pregnant women
Hot Yoga	A Yoga class performed in 80 - 100 degrees Fahrenheit taken in our specially heated studio	Increases circulation and lung capacity. Reduces stress and improves flexibility. Burns between 500 and 1,250 calories per session	Not suitable for pregnant women
Hot Yoga (Bad Backs)	A Yoga class which focuses on the spine and muscles around the spine. Performed in 80 - 100 degrees Fahrenheit taken in our specially heated studio	Helps correct bad posture and strengthen the back	Not suitable for pregnant women
Legs, Bums & Tums	A lower body toning workout	Tones the problem areas around the bottom, stomach and legs	All
Nifty 50's/ Nifty's Dancercise	A low impact Aerobic Class	Mobilizes the joints and improves circulation. This is a great social class for more mature members	Age 50+
Pilates	A slow moving class incorporating pilates toning moves	Reduces stress and improves core strength.	All
Power Walk	A low impact walking class. Members speedwalk in circles around the studio at their own pace	Improves cardiovascular fitness without impacting on the joints. This is a great social class for more mature members.	Beginner/Intermediate
SH'Bam*	A Les Mills dance class that combines different styles of dance moves that are easy to follow.	Great mood lifting cardiovascular class which burns calories and tones muscles.	All (gradual build up of choreography)
Spinning	A calorie burning class performed in our specialised spin studio on Matrix spin bikes	Burns Calories without impacting on joints and improves fitness levels	All (options given for beginners)
Step Aerobics	A choreographed cardiovascular class using an elevated platform to step up and down	Burns body fat whilst toning muscles. Improves circulation and reduces blood pressure	Intermediate/Advanced
Tai Chi	A Tai Chi inspired fitness class which utilizes relaxing flowing movement to help you de-stress.	Helps prevent stiffness in joints. Strengthens and lengthens muscles, aiding flexibility. Relaxes and de-stresses the body	All
Weight Loss Challenge	A unique slimming group	Educates and motivates members to achieve their weight loss targets. Being part of the group gives members encouragement to stick to their plan	Members who want to lose weight
Women & Weights	A non intimidating gym based weight training class using varied weighted dumbbells	Strengthens and tones muscles. Gives muscle definition without building bulk	All
Yin Yoga	A slower Yoga class holding poses for longer	Improves range of motion in joints by lengthening connective tissue	All (options given for beginners)
Zumba	An exhilarating high energy dance class	Great mood lifting cardiovascular class which burns calories and tones muscles.	All
*Les Mills Classes	These classes are choreographed to music and are taught all over the world. New classes are launched every 3 months after Instructors have attend training to keep updated with new moves and music	Members will experience a feeling of accomplishment and enjoyment from the classes. See specific benefits for each class	See Specific Class Descriptions