

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.15 (25mins) Hearts Pump Studio 1	7.15 (40mins) Bodypump™ Studio 1	7.15 (40mins) Spin Spin Studio	6.45 (40mins) Bodycombat™ Studio 1	7.15 (40mins) Spin Spin Studio	8.30 (25mins) Spin Spin Studio	9.30 (25mins) HIIT Studio 1
7.45 (25mins) Spin Spin Studio	8.00 (25mins) Spin Spin Studio	8.00 (55mins) Bodybalance™ Studio 1	9.00 (25mins) Spin Spin Studio	8.00 (55mins) Bodybalance™ Studio 1	9.00 (55mins) Bodycombat™ Studio 1	10.00 (40mins) Spin Spin Studio
9.15 (40mins) Bodycombat™ Studio 1	8.30 (25mins) LBT Studio 1	9.15 (55mins) Bodypump™ Studio 1	9.15 (25mins) Women & Weights Studio 1	9.15 (40mins) Bodypump™ Studio 1	10.00 (40mins) Hearts Pump Studio 1	10.45 (25mins) LBT Studio 1
9.30 (25mins) Niftys Dance Studio 2	9.15 (40mins) Bodycombat™ Studio 1	9.30 (40mins) Stretch & Tone Studio 2	9.30 (40mins) Yogalates Studio 1	10.00 (40mins) Zumba® Studio 1	10.45 (40mins) Bodybalance™ Studio 1	11.15 (40mins) Bodypump™ Studio 1
10.00 (40mins) Bodypump™ Studio 1	9.15 (55mins) Bodybalance™ Studio 2	10.15 (40mins) Zumba® Studio 1	9.45 (25mins) HIIT Studio 2	10.00 (40mins) Spin Spin Studio		12.00 (55mins) Bodybalance™ Studio 1
10.00 (25mins) Stretch & Tone Studio 2	9.30 (25mins) Women & Weights Gym area	10.30 (25mins) Women & Weights Gym area	10.15 (40mins) Bodypump™ Studio 1	10.45 (55mins) Yoga Studio 2		
10.30 (25mins) Women & Weights Gym area	10.15 (25mins) LBT Studio 1	11.00 (25mins) LBT Studio 1	17.00 (25mins) Spin Spin Studio	16.30 (40mins) Bodypump™ Studio 1		
11.00 (55mins) Bodybalance™ Studio 1	10.45 (25mins) Old School Aerobics Studio 1	11.00 (25mins) Yogalates Studio 2	17.30 (40mins) Bodycombat™ Studio 1	17.15 (25mins) Funday Friday Teen Studio 2		
16.45 (40mins) Bodypump™ Studio 1	11.00 (40mins) Spin Spin Studio	11.30 (55mins) Yoga for bad backs Studio 2	18.00 (55mins) Bodybalance™ Studio 2	17.45 (25mins) Spin Spin Studio		
17.30 (25mins) HIIT Studio 1	11.15 (55mins) Yogalates Studio 2	16.45 (40mins) Bodycombat™ Studio 1	18.15 (40mins) Bodypump™ Studio 1	18.15 (25mins) LBT Studio 1		
18.00 (25mins) Spin Spin Studio	17.00 (25mins) Spin Spin Studio	17.30 (25mins) Spin Spin Studio	19.00 (25mins) LBT Studio 1			
18.30 (40mins) Bodycombat™ Studio 1	17.30 (40mins) Bodypump™ Studio 1	18.00 (25mins) Step Studio 1				
19.15 (40mins) Bodypump™ Studio 1	18.15 (40mins) Bodycombat™ Studio 1	18.30 (25mins) LBT Studio 1				

CLASS TIMETABLE

CLASS DESCRIPTIONS

CLASS	CLASS DESCRIPTION	BENEFITS OF THE CLASS	LEVEL
Bodybalance*	Combines Tai-Chi, Pilates and Yoga exercises in one class.	Lengthens, strengthens and tones muscles. Leaves you feeling centred and calm.	All
Express Bodybalance*	A condensed 25 minute Body Balance Class for busy people.	Lengthens, strengthens and tones muscles. Leaves you feeling centred and calm.	All
Bodycombat*	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
Bodypump*	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)
Boxing Fit	High energy, calorie burning class which combines freestyle boxing with pads and gloves partner sessions.	Burns calories, improves cardiovascular system and tones muscles.	Intermediate/ Advanced
Funday Friday Teen	This is a fun high energy dance based class specifically for our teen members.	Teens can socialise in a safe environment and get fit in the process.	Teens
Hearts Pump	A non-choreographed weight training class using barbells, kettlebells and dumbbells.	Can dramatically change your body shape by toning and defining muscles. Helps prevent Osteoporosis.	All (options given for beginners)
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 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's Dance	A low impact Aerobic Class .	Mobilizes the joints and improves circulation. This is a great social class for more mature members.	Age 50+
Old School Aerobics	A fun low impact dance class using throwback music	Great mood lifting cardiovascular class which burns calories and tones muscles.	All
Pilates	A slow moving class incorporating pilates toning moves	Reduces stress and improves core strength.	All
Small Group PT	This is a non-intimidating gym workout session with no more than 6 members booked in, giving the instructor time to focus on individual performance.	Improve cardiovascular system, muscle strength and tone	All
Spin	A calorie burning class performed on Matrix spin bikes.	Burns Calories without impacting on joints and improves fitness levels.	All (options given for beginners)
Step	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	All (options given for beginners)
Stretch & Tone	A low impact class combining stretching exercises with light toning exercises.	Improves flexibility and muscle tone.	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
Yoga	A variety of standing and seated asanas (postures) and pranayama (breath work)	Strength, flexibility and stress management	All
Yogalates	Combines core strength of pilates and the flexibility of yoga in one session.	Improves flexibility and muscle tone.	All
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