

Class Timetable

Studio (Winter 2020)

Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning	KETTLEBELLS 07:15-08:00 ALLY	BODY PUMP 07:15-08:00 ANDY	SPIN 07:15-08:00 ALLY	PILATES 7:15-08:00 NAOMI	
Lunchtime	BODY PUMP 12:15-13:00 LYNN	BODY ATTACK 12:15-13:00 DANNI	KETTLEBELLS 12:15-13:00 ALLY	BODY ATTACK 12:15-13:00 DANNI	BODY BALANCE 12:15-13:00 LYNN
	PILATES 13:00-13:45 LYNN	SPIN 13:00-13:45 ALLY	BODY PUMP 13:00-13:45 LYNN	HIIT 13:05- 13:30 ALLY	SPIN 13:00-13:45 ALLY
Afternoon		POWER CIRCUITS 17:15-18:00 ALLY	PILATES 17:15-18:15 LYNN	SPIN 17:15-18:00 ALLY	

Classes

HIIT- Is a 30min total body workout that is based around interval training to boost and speed up your metabolism for up to 24 hours after your session.

Body Pump- A barbell class, will sculpt, tone and strengthen your entire body.

Pilates- A program that will improve both your physical and mental health.

Body Attack- Is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

Kettlebells- is a full body workout using a Kettlebell to burn calories, increase your cardiovascular levels whilst sculpting and toning muscles.

Power Circuits- An explosive on the spot circuit class designed to develop strength, power and stamina through a whole range of exercise.

Body Balance- is the yoga-based class that will improve your mind, your body and your life. An inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.

Total body Conditioning- An all over body workout based around aerobic style exercise with strength and conditioning components throughout.