

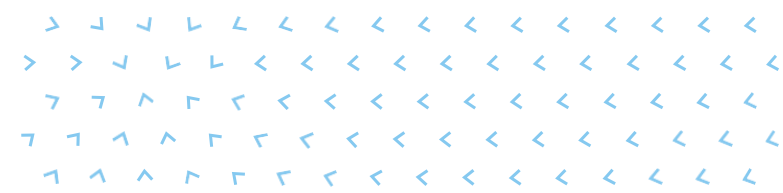
Class timetable

April – June

Monday		Tuesday		Wednesday		Thursday		Friday	
				07:15-07:35	Core training 20mins				
		12:10-12:50	Bodypump 40mins	12:10-12:50	Spin 40 mins	12:10-12:50	Legs & Abs 40mins	12:10-12:50	Total Body Blast 40mins
13:10-13:45	HIIT 35mins		Total Body Blast Blitz 30mins	13:10-13:35	HIIT 35mins	13:10-13:40	Spin Express 30 mins	13:10-13:30	Core training 20mins
		17:45-18.20	Legs & Abs 35mins						

Mind and body
 Strengthening
 Conditioning
 Cycle
 Gym floor

If you are pregnant or have any illnesses or injuries please seek advice from your GP/midwife before joining a studio class and inform the instructor before the class begins.



■ Conditioning

Body Conditioning

This class is designed to hit all the areas of the body in one! Targeting each area of the body using a variety of weights and cardio, this class will find muscles you didn't know you had.

HIIT (High Intensity Interval Training)

Utilising short interval periods to improve your athletic capacity and burn fat.

HIIT Cardio

Takes cutting edge HIIT and combines it with powerful music. The workout blasts all muscle groups, increases explosiveness and builds a lean and athletic body.

Extreme Circuits

A high intensity, fast paced interval circuit, designed to push you to your limits and dramatically improve your cardiovascular fitness.

■ Gym Floor

Core Training

A tough 20 minute session to target your core.

■ Strengthening

Body Pump

The original structured weighted workout, with the motivation of music and easily adjustable weights. This is a challenging and effective workout for all the major muscle groups.

Circuits

A high intensity, fast paced interval circuit, designed to push you to your limits and dramatically improve your strength and endurance.

Kettlebells

A functional training session with Kettlebells to work the whole body, developing mobility, strength and aerobic fitness.

Legs & Abs

Lower body strength exercises combined with a abs strengthening and toning.

■ Cycle Studio

Spin

A tough 45 minute session incorporating cycle specific techniques to improve your speed, fitness and aerobic capacity.

Spin Express

A shorter cycle workout with slightly more intensity.