

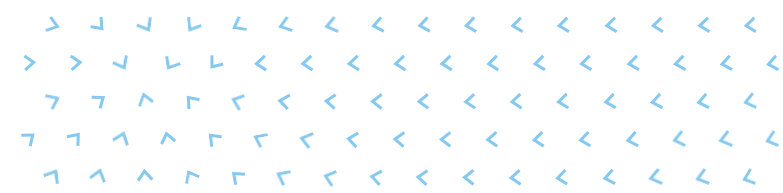
# Class timetable

## January - March

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.