

Exercise Class timetable

June – 2022

Monday		Tuesday		Wednesday		Thursday		Friday	
		12:10	Legs & Ab's	12:10	Spin	12.10	Citi Pump		
		12:45	45mins Team	12:50	40 mins Team	12.50	40 mins Team		
13:10	HIIT			13:10	HIIT				
13:45	30mins Team			13:40	30 mins Team				

Conditioning

HIIT (High Intensity Interval Training) Utilising short interval periods to improve your athletic capacity and burn fat.

Legs & Ab's
A leg weight and bodyweight focused class designed to strengthen and tone the lower body incorporating core exercises too strengthen and tone your core.

Strengthening

Citi Pump
A combination of high repetition weight and bodyweight training. Designed to tone your body.

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

Spinning

Drills for Speed

A tough 40 minute spin session incorporating cycle specific techniques to improve your speed, fitness, and burn calories.

Timetable subject to change. Maximum participation for studio classes is 10.
Once a class begins any remaining spaces will be given to those on the waiting list. No entry is permitted after 5 minutes.
If you are pregnant please seek advice from your GP/midwife before joining a studio class and inform the instructor before the class begins.