

PEAK FITNESS TIMETABLE

	Mon	Tues	Wed	Thurs	Fri
Morning	Circuits 07:15 - 07:45 Sam	Spin & Core 7:15- 8.00am Ahmer	Pump 07:15 - 07:45 Sam	Weights 07:15- 07:45 Ahmer	Studio Cycling 07:15 - 08:00 Sam/Ahmer
			Express Spin 11:30 - 12:00 Sam/Alice		
Lunchtime	Studio Cycling 12:10 - 12:50 Kay	LBT 12:10 - 12:50 Alice	Circuits 12:10 - 12:50 Alice	LBT 12:10 - 12:50 Alice	Body Blast 12:10 - 12:50 Alice
	X - Fit 13:10 - 13:45 Kay	Mega Hitt 13:10 - 13:40 Alice	Body Balance 13:15 - 14:00 Nita	Boxercise 13:15 -14:00 Alice	Body Balance 13:15-14:00 Nita
Evening	Power Half Hour 17:15 - 17:45 Ahmer	Karate 17:15 - 18:00 Simon	Boot Camp 17:15 - 18:00 Ahmer	Spin & Core 17:15 - 18:00 Sam	Kettlebells 4:00-4:30 Ahmer/Sam

Colour key

Relax/Stretch

Strength

Tone

Cardio

Other



CLASS DESCRIPTIONS

Colour Key	Relax/Stretch Tone Cardio Strength Other
Kettlebells	Kettlebell training will help kick all your fitness goals into high gear! Compound exercises work multiple muscle groups simultaneously whilst improving core and grip strength.
Body Balance	BODYBALANCE™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength, leaving you feeling centred and calm.
Legs Bums & Tums	A continual flowing class designed to strengthen the muscles in the Legs,Bums and Tums.
Karate	Suitable for all body shapes and sizes, women and men alike, while also developing core strength, power and fitness. Classes will typically include aspects including fitness, technique, applications, sparring, conditioning and grappling.
Bootcamp	Challenge yourself with this fast- paced, calorie-blasting workout, using the traditional Boot Camp style approach.
Studio Cycling/Spin & core/Express Spin	Studio cycling is the perfect way to improve cardiovascular fitness and burn calories. Using the Matrix bikes, Spinners can input their details to get an overall performance summary. A great tool for smashing personal bests and ensuring you get the most out of each class.
Circuits	Total body workout class using a variety of light weight/high repetition exercises. A perfect mixture of weights and cardio.
Weights class	A resistance class designed to build muscle, power and strength.
X - Fit	Using a combination of bodyweight and compound exercises mixed together with some intense Cardio bursts, X-Fit is a total anaerobic body workout... If you like pushing yourself, this is the class for you.
Body Conditioning	Body conditioning provides a whole body workout that will focus equally on strengthening exercises and aerobic exercise.
Mega HIIT/Body Blast	Carry on burning calories even after you finish your workout with this short and intense workout. High intensity intervals are a great way of losing fat and building muscle. Whatever your ability may be there is a place for you in this class!
Boxercise	Boxercise is an fantastic way to get the great benefits of boxing without the bruises and hype of a real fight!
Power Half Hour	A great and intense mixture of circuits and boot camp style training. Working the body with quick burst of exercises followed by minimal rest.
Pump	Using the pump bars we would go through exercises using the whole body, working each muscle group to its max. Working through different training methods from tabata training to pyramids to strength and endurance training.