



Class Timetable: 11th September – 8th December



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
07.00	XFit	06.45	Train Like a Pro	07.00	HIIT	06.45	Spinning NEW	07.00	BODYATTACK™
07.40	Tio, Studio 1	07.30	Kirsten, Studio 1	07.20	Fitness Team, Gym Floor	07.30	Marie, Studio 2	08.00	Cordelia, Studio 1
07.10	Spin Ibiza	07.30	Total Core	07.00	BODYPUMP™	07.00	HIIT	07.30	Total Core
07.40	Gabor, Studio 2	07.45	Fitness Team, Gym Floor	08.00	Marie, Studio 1	07.20	Fitness Team, Gym Floor	07.45	Fitness Team, Gym Floor
07.45	Total Core	07.40	Pilates Conditioning	07.30	Yogalates	07.30	Dynamic Hatha Yoga	12.00	GRIT™ Cardio NEW
08.00	Fitness Team, Gym Floor	08.25	Jax, Studio 1	08.15	Paula, Studio 2	08.15	Paula, Studio 1	12.30	Dom, Studio 1
08.00	SKILLMILL NEW	08.00	Move NEW	07.30	Total Core	07.30	Total Core	12.15	Fitball
08.30	Fitness Team, Gym Floor	08.30	Iolanda, Studio 2	07.45	Fitness Team, Gym Floor	07.45	Fitness Team, Gym Floor	13.00	Karen, Ladies Studio
11.20	Yoga Technique	12.00	Bosu Conditioning	12.00	BODYPUMP™	12.00	Step and Conditioning	13.00	Total Barre NEW
12.05	Marco, Studio 1	12.45	Paul, Studio 1	12.45	Julie, Studio 1	12.45	Daniela, Studio 1	13.45	Karen, Ladies Studio
12.00	Spinning	12:00	Performance Ride NEW	12.00	Race Day	12.00	Interval Cycle Training	12.00	Kickboxing NEW
12.45	Marie, Studio 2	12:45	Deborah, Studio 2	12.45	Paul, Studio 2	12.45	Paul, Studio 2	12.45	Gabor, Studio 2
12.05	Dynamic Hatha Yoga	12.10	SYNRGY360	12.00	Total Barre	12.10	SYNRGY360	12.10	SYNRGY360 NEW
12.50	Marco, Studio 1	12.40	Fitness Team, Gym Floor	12.45	Karen, Ladies Studio	12.40	Fitness Team, Gym Floor	12.40	Fitness Team, Gym Floor
12.10	SYNRGY360 NEW	12.15	DanceFit	12.10	SYNRGY360 NEW	12.15	BODYBALANCE™	12.45	Total Core
12.40	Fitness Team, Gym Floor	13.00	Arleta, Ladies Studio	12.40	Fitness Team, Gym Floor	13.00	Jackee, Ladies Studio	13.00	Fitness Team, Gym Floor
12.45	Total Core	12.45	Bosu Conditioning	12.45	Total Core	12.45	Total Core	13.00	Fusion Yoga NEW
13.00	Fitness Team, Gym Floor	13.30	Paul, Studio 1	13.00	Fitness Team, Gym Floor	13.00	Fitness Team, Gym Floor	14.00	Anita, Studio 1
13.00	Pilates Barre NEW	12.45	Total Core	12.50	Dancercise	13.00	Athletic Enhancement	13.50	Spinning
13.45	Diane, Ladies Studio	13.00	Fitness Team, Gym Floor	13.35	Karen, Ladies Studio	13.45	Paul, Studio 1	14.35	Marie, Studio 2
13.00	Weight Training Technique NEW	13.00	Weight Training Technique NEW	13.00	Weight Training Technique NEW	13.00	Mastering Kettlebells NEW	14.45	BODYPUMP™
13.30	Fitness Team, Gym Floor	13.30	Fitness Team, Gym Floor	13.30	Fitness Team, Gym Floor	13.45	Tio, Gym Floor	15.45	Marie, Studio 1
13.00	BODYPUMP™	13.00	GRIT™ Cardio NEW	13.00	Ripped 24/7	13.00	Tabata Turbo NEW	15.30	SKILLMILL
13.45	Marie, Studio 1	13.30	Dom, Studio 2	13.30	Gabor, Studio 2	13.30	Iolanda, Studio 2	16.00	Fitness Team, Gym Floor
13.00	Core, Strength & Stretch	13.05	CXWORX™	13.00	Xtreme Core	13.15	Swiss Core Blast	18.30	SKILLMILL
13.45	Paul, Studio 2	13.35	Deborah, Ladies Studio	13.45	Paul, Studio 1	14.00	Daniela, Ladies Studio	19.00	Fitness Team, Gym Floor
13.50	Tone Zone	14.45	Slide & Sculpt	13.45	Swiss Ball Workout	14.00	Pilates	19.05	Total Core
14.35	Vikki, Studio 1	15.30	Helen, Studio 2	14.30	Paul, Studio 1	14.45	Sharon, Studio 1	19.20	Fitness Team, Gym Floor
14.45	Spinning	14.45	Stretch Flow Yoga	14.45	BODYCOMBAT™	14.45	Spinning		
15.30	Marie, Studio 2	15.30	Sharon, Studio 1	15.30	Liz, Studio 2	15.30	Marie, Studio 2		
15.00	SKILLMILL	14.45	Ballet Fit	14.45	Yin Yoga	15.00	BODYPUMP™		
15.30	Fitness Team, Gym Floor	15.30	Kate, Ladies Studio	15.30	Sharon, Studio 1	16.00	Sid, Studio 1		
15.15	Power Yoga	15.30	ViPR NEW	15.30	SYNRGY360 NEW	15.10	Rowing Intervals NEW		
16.00	Veronique, Studio 1	16.00	Fitness Team, Gym Floor	16.00	Fitness Team, Gym Floor	15.30	Fitness Team, Gym Floor		
16.10	GRIT™ Strength	16.10	GRIT™ Plyo	16.15	Gymnastics Conditioning NEW	15.30	Total Core NEW		
16.40	Dom, Studio 1	16.40	Dom, Studio 1	16.45	Kirsten, Studio 1	15.45	Fitness Team, Gym Floor		
18.15	Kickboxing NEW	18.15	Vinyasa Flow Yoga	18.15	Dynamic Hatha Yoga	17.30	GRIT™ Plyo/Strength NEW		
19.00	Gabor, Studio 2	19.00	Ian, Studio 1	19.00	Paula, Studio 1	18.00	Dom, Studio 1		
18.20	BODYPUMP™	18.30	Endurance Ride	18.30	SYNRGY360 NEW	18.30	SKILLMILL		
19.20	Julie, Studio 1	19.15	Paul, Studio 2	19.00	Fitness Team, Gym Floor	19.00	Fitness Team, Gym Floor		
18.30	SYNRGY360 NEW	18.30	SKILLMILL	19.05	Total Core	19.05	Total Core		
19.00	Fitness Team, Gym Floor	19.00	Fitness Team, Gym Floor	19.20	Fitness Team, Gym Floor	19.20	Fitness Team, Gym Floor		
19.05	Total Core	19.05	Total Core						
19.20	Fitness Team, Gym Floor	19.20	Fitness Team, Gym Floor						

KEY

Conditioning
Spinning
Mind & Body
Strengthening
Express

MONDAY TO FRIDAY

PEAK membership - 5.30am-9pm

OFF-PEAK membership - 5.30am-11.30am/ 2.30pm-5.30pm/ 7pm-9pm

CONTACT DETAILS

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Mind & Body

Ballet Fit - This Ballet inspired workout uses the principles of classical dance to tone and sculpt your entire body. It includes elements of barre work, cardio, core and flexibility.

BODYBALANCE™ - LES MILLS workout based on elements of Yoga, Pilates, Tai Chi and breathing control to leave you feeling stronger, centred and calm.

Dance Fit/ Dancercise - Dance your way to fitness with this full body workout to the latest and loudest tracks. Tone your body and burn calories while having fun.

Dynamic Hatha Yoga - Strong steady flow from posture to posture with focus on strength and breathing, ending with a period of relaxation and meditation.

Fusion Yoga - Combining vitality building with deep relaxation, this class restores and rejuvenates through breath control, yoga postures and mindfulness meditation.

Pilates - Pilates aims to improve overall strength, balance and co-ordination. Most suitable for those who have attended Pilates classes previously.

Pilates Barre - Fusion of pilates conditioning and barre work using body weight and a variety of equipment to improve muscle tone, flexibility and strength.

Pilates Conditioning - A class designed to engage the mind and condition the whole body, improving posture and reducing stress while building a leaner and stronger body.

Power Yoga - Ashtanga based yoga class with an influence of Bikram, involving physically challenging postures designed to improve strength, balance and flexibility.

Stretch Flow Yoga - A challenging Vinyasa Yoga style class with a unique workshop feel that focuses on a different aspect each time : hips, shoulders, arms, balance, etc.

Total Barre - A dynamic ballet based class focusing on strength, flexibility and core stability, through a combination of Pilates, dance, cardio, and strength training.

Vinyasa Flow Yoga - Vinyasa is also called flow because of the smooth way the poses run together linked with breathing synchronization. It develops strength, balance and flexibility.

Yin Yoga - Yin yoga poses apply moderate stress to the connective tissues - tendons, fascia and ligaments – helping to improve mobility and flexibility.

Yoga Technique - This yoga class puts emphasis on technique to help you master each posture. The perfect complement to the more flowing and dynamic classes.

Yogalates - Develop core strength and stabilization through Pilates moves, and improve flexibility, strength and posture through Yoga poses, breathing and relaxation.

Strengthening

Athletic Enhancement - A challenging workout designed to improve athletic performance and technique using skill and agility based exercises.

BODYPUMP™ - The first class LES MILLS workout, combining high repetition weight training with aerobic conditioning, designed to tone and condition the whole body.

Core, Strength & Stretch - A challenging class aimed at developing core strength and increase flexibility of all major muscle groups.

CXWORX™ - LES MILLS core workout that both isolates and integrates muscles in and around abs, back and glutes, providing the vital ingredients for a stronger body.

GRIT™ Strength - LES MILLS high-intensity interval training (HIIT) workout, designed to improve strength, build lean muscle and shoot your metabolism through the roof.

Gymnastics Conditioning - This workout will take you through a series of exercises to help you with the most popular gymnastics moves, getting you stronger and fitter.

Mastering Kettlebells - Advanced kettlebell class to help you nail the correct technique through a challenging workout to strengthen and condition the whole body.

Move - The class to complete your training regime helping you improve flexibility, core strength, balance and coordination, using your own bodyweight in all planes of motion.

Slide & Sculpt - Designed to improve definition and muscular endurance using gliders and a variety of other equipment to get your body toned up in no time.

Swiss Core Blast/ Swiss Ball Workout/ Fitball - Swiss Ball workout designed to develop strength, stability and improve posture, challenging your body on many different levels.

Tone Zone - This class takes you through a full body workout using free weights and body weight exercises. Tone up, feel stronger and leave feeling energised.

Xtreme Core - A core class packed with inspiring core exercises designed to improve athletic performance, posture and help alleviate back pain.

Spinning

Endurance Ride - Build stamina and train your body to recover quickly between efforts for events that demand repeated surges.

Interval Cycle Training - A cycling class designed to focus on more advanced riding techniques taking your fitness to the next level and working your heart rate to the maximum.

Performance Ride - An Indoor cycling class that focuses on the use of power to improve your level of fitness.

Race Day - Our fitness instructor Paul Tappin will take you for a real race on the bike for 45 minutes. This class will challenge your limits.

Spinning - Indoor cycling class using music with strong beats to create an incredible energy while you improve cardiovascular fitness, burn calories and get fitter.

Spin Ibiza - Shorter indoor cycling class to help you improve cardiovascular fitness and burn calories, while working out to awesome high energy music.

Express – Gym Floor

HIIT - Cardio and strength high intensity interval training, alternating short periods of intense exercises with less-intense or total recovery periods.

Rowing Intervals - Push yourself in this indoor rowing interval training aimed at boosting metabolism and conditioning the whole body.

SKILLMILL - Enjoy the benefits of training like an athlete with Technogym's non-motorised treadmill and body weight exercises to improve endurance, speed, power and agility.

SYNRGY360 - SYNRGY360 is a circuit class using the latest innovative equipment in the industry alongside body weight exercises to improve your fitness and strength quickly.

Total Core - Muscle-toning and strengthening class, focusing on the whole torso to help you bring balance to the whole body, improve posture and reshape your mid-section.

ViPR - The ViPR is a versatile equipment that bridges the gap between movement and strength training, ideal to improve balance, mobility and dynamic strength.

Weight Training Technique - Learn proper technique using free weights. Each day we will focus on a different body part to ensure you are lifting correctly and safely.

Conditioning

BODYATTACK™ - LES MILLS high-energy fitness class combining athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats, challenging your limits.

BODYCOMBAT™ - LES MILLS empowering martial arts inspired cardio workout. You will punch, kick and kata your way through calories to a leaner, healthier, fitter body.

Bosu Conditioning - A total body conditioning class using the BOSU ball to improve strength and athletic performance.

GRIT™ Cardio - LES MILLS high-intensity interval training workout that improves cardiovascular fitness, increases speed and maximizes calorie burn.

GRIT™ Plyo - LES MILLS high-intensity interval training (HIIT) plyometric-based workout, designed to make you perform like an athlete, improving endurance and power.

Kickboxing - An action-packed workout with a series of punching and kicking combinations, this class improves strength, muscle tone and endurance.

Ripped 24/7 - Work your whole body with a combination of high energy and high impact aerobic moves, improving cardiovascular fitness and toning up your body.

Step and Conditioning - A class using steps to develop cardiovascular fitness and endurance, combined with body conditioning exercises to strengthen and tone.

Tabata Turbo - 20 seconds of work followed by 10 seconds of rest. 2:1 intervals target fat loss, increase metabolism and improve overall cardiovascular fitness.

Train Like a Pro – If you are training for events such as Tough Mudder or Spartan Race, this class will help you become stronger, faster and prepared for the challenge.

XFit – A Cross Fit inspired class consisting of strength and conditioning exercises. Expect to be challenged while burning calories, improving body tone and strength.