

Group Fitness Timetable

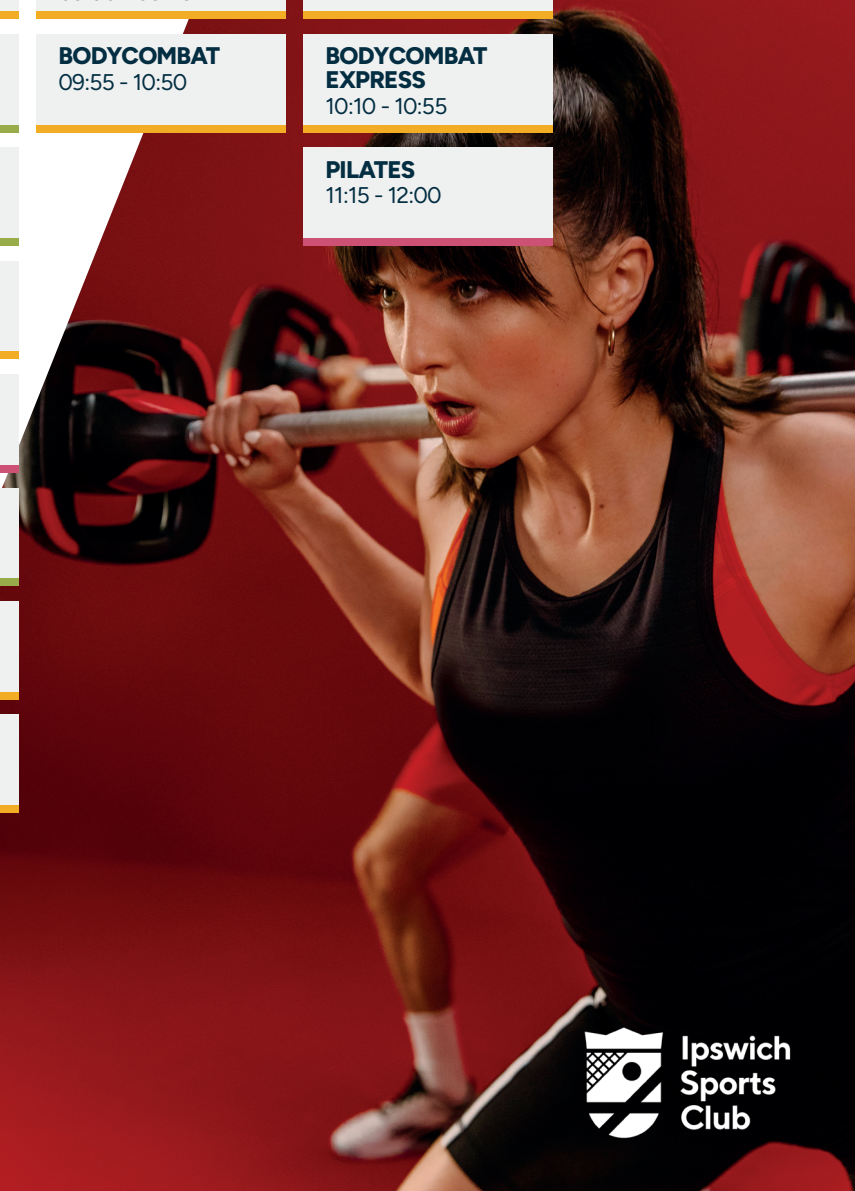
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODYCOMBAT EXPRESS 08:00 - 08:45	TOTAL TONE 08:00 - 08:40	BODYPUMP EXPRESS 07:00 - 07:45	BODYBALANCE EXPRESS 08:00 - 08:40	BODYPUMP EXPRESS 07:00 - 07:45	BODYPUMP EXPRESS 09:00 - 09:45	BODYPUMP 09:00 - 09:55
BODYPUMP 09:30 - 10:25	BODYBLITZ 09:30 - 10:25	CARDIO TONE 09:30 - 10:10	BODYPUMP 09:30 - 10:25	HATHA YOGA 08:00 - 08:55	BODYCOMBAT 09:55 - 10:50	BODYCOMBAT EXPRESS 10:10 - 10:55
BODYBALANCE 10:35 - 11:30	KETTLEBELLS 10:35 - 11:05	TOTAL TONE 10:20 - 11:00	BODYCOMBAT 10:35 - 11:20	HATHA YOGA 09:30 - 10:25		PILATES 11:15 - 12:00
ZUMBA 11:40 - 12:20	PILATES 11:15 - 12:00	DANCEFIT 11:30 - 12:15	BODYBALANCE EXPRESS 17:15 - 18:00	TOTAL TONE 10:35 - 11:15		
HATHA YOGA 13:30 - 14:25	CARDIO CORE 17:20 - 18:00	PILATES 13:30 - 14:15	HIIT 18:15 - 18:45	DANCEFIT 11:20 - 12:00		
BODYPUMP 17:45 - 18:40	BODYPUMP 18:10 - 19:05	BODYPUMP EXPRESS 18:00 - 18:45	SPIN 19:00 - 19:45	COREWORKS 17:45 - 18:15		
BODYCOMBAT 18:50 - 19:45	SPIN 18:15 - 19:00	BODYCOMBAT EXPRESS 18:55 - 19:40		BODYPUMP 18:25 - 19:20		
SPIN 20:00 - 20:45	BODYBALANCE 19:15 - 20:10	HATHA YOGA 19:50 - 20:45		BODYBALANCE EXPRESS 19:30 - 20:15		

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All classes are FREE to members



Class Information

BODYBALANCE

Drawing from Yoga, Tai Chi and Pilates, this holistic workout is designed to improve flexibility and core strength. A great stress buster!

CARDIO TONE

This workout combines cardio and body toning exercises and is perfect for those who want to burn fat as well as tone.

DANCEFIT

Dance yourself fit to energetic music whilst burning off those calories. A range of dance type moves which you will find fun and challenging.

BODYBLITZ

An upbeat class combining cardio, strength and conditioning exercises with options given which are suitable to all abilities.

HIIT

A high intensity interval training class. Quick and intense bursts of exercise followed by short recovery periods. A fun and varied workout!

ZUMBA

Zumba is an interval style dance fitness class that uses mixed intensity dance moves to achieve your workout. You will burn lots of calories as you move to the rhythm to great music with Latin inspired dance routines.

BODYCOMBAT

A vigorous cardio workout inspired by martial arts. The aim is to take you to an anaerobic level with some strength and flexibility benefits.

KETTLEBELLS

Kettlebell training combines strength training with a cardio workout, to give you a full-body workout.

COREWORKS

Develop and strengthen everything including muscles in the front, back and sides of your body!

BODYPUMP

A weighted workout that strengthens the entire body. Challenge all major muscle groups in an organised routine to music.

TOTAL TONE

Total tone is a class designed to target the whole body with exercises to focus on the upper body, lower body and core. It is suitable for all levels; each class will involve a variety of different exercises and equipment to target all these areas.

HATHA YOGA

Yoga means union, referring to the connection of body, spirit and mind improving strength and flexibility and toning of the body.

CARDIO CORE

A cardio based workout focused on toning and strengthening your whole core. A variety of equipment is used to keep your workout varied.

SPIN

An indoor cycle exercise class with great music with a powerful beat. A workout for the heart, lungs and legs!

PILATES

A full body workout that challenges strength and flexibility to achieve stronger, leaner muscles and a more dynamic core.

NON-MEMBER PRICES:

60 minute classes £8.50

45 minute classes £7.00

30 minute classes £5.00

TO BOOK CALL

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