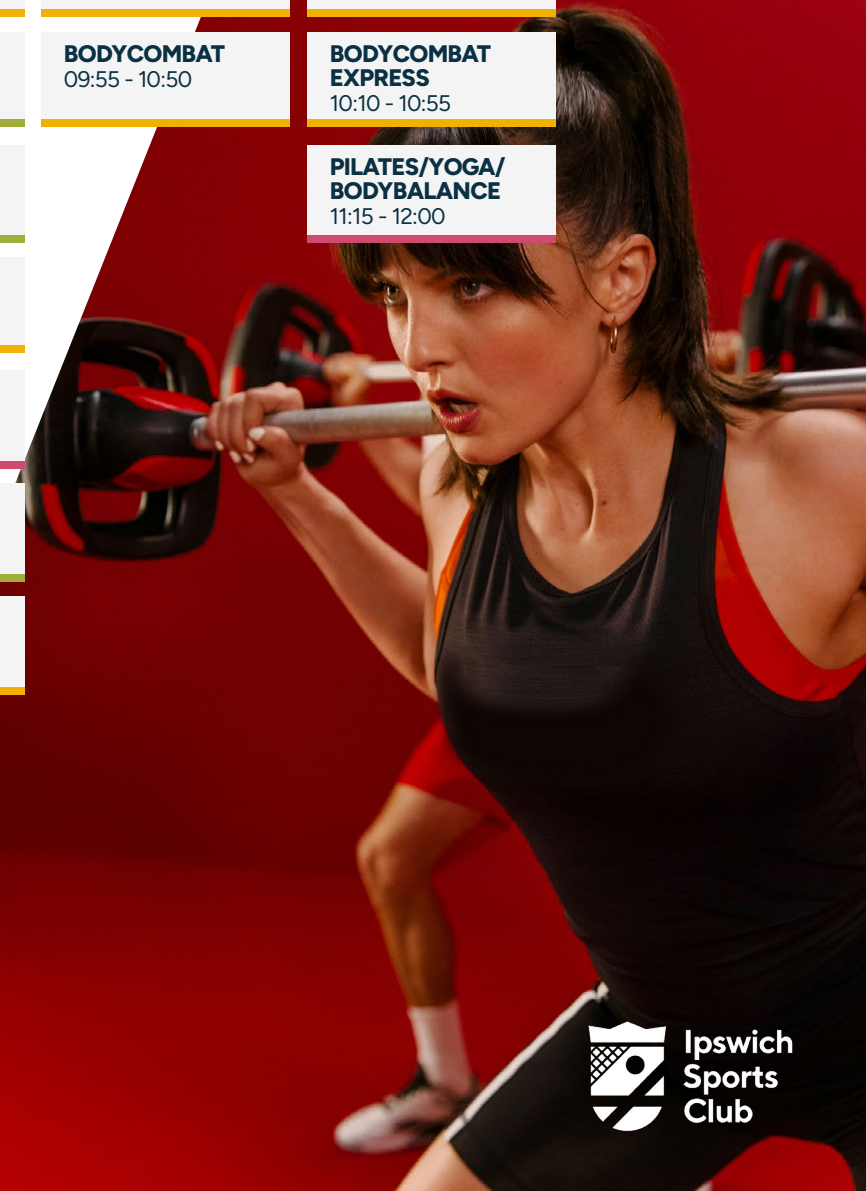


# Group Fitness Timetable

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



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All classes are FREE to members



# Class Information

## ABS & CORE

A class where you will undertake exercises that target both deep and surface muscles to strengthen and sculpt your entire core and tone those abs.

## CARDIO TONE

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

## COREWORKS

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

## BODYBALANCE

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

## 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.

## 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.

## 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.

## BODYPUMP

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

## 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.

## 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.

## 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.

## 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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