



FITNESS TIMETABLE /

27th January - June 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
07.30 - 08.30 Yoga	07.30 - 08.00 Spin Express	07.30 - 08.00 Spin Express	07.30 - 08.30 Yoga	07.30 - 08.00 Metafit
12.15 - 12.45 Functional Circuit	12.15 - 13.00 Boogie Bounce	12.15 - 13.00 Boxercise	12.15 - 12.45 Spin Express	12.15 - 12.45 Spin Express
12.15 - 12.45 Beginners Boogie Bounce				
13.00 - 13.45 Zumba	13.15 - 14.00 Yoga	13.15 - 14.00 Boogie Bounce	13.00 - 13.30 Core	13.00 - 13.45 Yoga
16.30 - 17.00 Core	16.30 - 17.00 Spin Express	16.30 - 17.00 Metafit	16.15 - 17.00 Pilates	16.30 - 17.00 LBT
17.15 - 18.00 Spin	17.15 - 18.00 Yoga	17.15 - 18.00 Boogie Bounce	17.15 - 18.00 Spin	17.15 - 17.45 Functional Circuit
18.15 - 19.00 Yoga	18.30 - 19.15 Zumba	18.15 - 19.15 Yoga	18.15 - 19.00 Zumba	18.15 - 19.00 Boogie Bounce
19.15 - 20.00 SWEAT	19.30 - 20.00 Core	19.30 - 20.00 LBT	19.15 - 20.00 Yoga	

Beginners Boogie Bounce / Never bounced on a trampoline before and always wanted to try. Well here is the class for you. The beginners class will show you how to use the trampoline correctly. We will show you the basic steps, and show you how the class is structured ready for you to take part in our 45 mins sessions throughout the week.

Boogie Bounce / Is a complete exercise program on mini trampoline, with a safety T-Bar Handle, choreographed to an eclectic mix of tracks from across the Decades. Boogie Bounce delivers a full body cardio workout that is suitable for everyone, all ages, shapes and sizes.

Boxercise / Is a high-intensity, group training session that utilises movements from martial arts disciplines. This class combines cardio, strength and toning, increasing the heart rate and creating a killer workout. Pair work with gloves and pads. Punch, block and kick your way through a fun and challenging workout.

Core / This class focuses on the core area. There will be lots of strengthening and toning around the mid-section, with the use of your bodyweight and equipment.

Functional Circuit / A whole body workout using equipment and body weight. This is located in the Functional Training Suite. Fitness, Strength, Endurance and Flexibility will be worked.

LBT / This class hits the problem areas: Legs, bottom and tummy. You'll do various exercises to target specific areas using equipment and your bodyweight. A really well structured class.

Metafit / Is a high intensity workout including a series of body-weight exercises with interval style training to keep your body burning calories long after your training session is complete. Designed by a former marine, this is a class you can be sure to push your limits.

Pilates / Incorporating elements of yoga, martial arts and other forms of exercise, this class will help to improve posture, strength and flexibility with a focus on stretching and strengthening the whole body.

Spin / Indoor cycling focusing on endurance, strength, intervals and high intensity.

Express Spin (30) / A slightly more intense version of your average spin class. Ideal for those who are short on time and want a high intensity workout.

SWEAT / Strength with endurance and toning. This class takes you through a whole body workout using various kit.

Yoga / Breath work, Physical practice, meditation both guided and self-guided. Creating deeper awareness of body and mind, creating strength and confidence. All Abilities welcome

Zumba / Is still the fitness craze! Combining latin and international music with dance, Zumba provides a fun class, with fast feet and slow rhythms. The nature of the class works as interval training, the movement patterns and step routines, tone and sculpt the body.