

Class Timetable

MONDAY

| | | |
|-------|--------------------------------------|--------|
| 7.30 | VIRTUAL MYZONE TONE UP | |
| 9.30 | ZUMBA | 45mins |
| 10.30 | PILATES | 60mins |
| 12.15 | LEAN LEGS | 30mins |
| 17.15 | VIRTUAL MYZONE BURN ABS CORE. | |
| 18.00 | SPIN | 45mins |
| 19.00 | BARBELL EXTREME | 45mins |

TUESDAY

| | | |
|-------|------------------------------------|--------|
| 7.30 | VIRTUAL MYZONE YOGA | 30mins |
| 9.30 | SPIN | 45mins |
| 10.30 | LEGS, BUMS AND TUMS | 45mins |
| 12.15 | ABS BLAST | 30mins |
| 17.15 | VIRTUAL MYZONE STUDIO CYCLE | |
| 18.00 | BOX AND BURN | 45mins |
| 19.00 | TAI CHI | 60mins |

WEDNESDAY

| | | |
|-------|---------------------------------------|--------|
| 7.30 | VIRTUAL MYZONE DANCE AND SWEAT | |
| 9.30 | CIRCUIT | 45mins |
| 10.30 | MOBILITY AND STRETCH | 45mins |
| 12.15 | SCULPT ARMS | 30mins |
| 17.15 | ABS BLAST | 30mins |
| 18.00 | ZUMBA | 45mins |
| 19.00 | CIRCUIT | 45mins |

THURSDAY

| | | |
|-------|----------------------------|--------|
| 7.30 | VIRTUAL MYZONE YOGA | |
| 9.30 | SPIN | 45mins |
| 10.30 | BOX AND BURN | 45mins |
| 12.15 | LEGS, BUMS AND TUMS | 30mins |
| 13.30 | TAI CHI | 60mins |
| 17.15 | SCULPT ARM | 30mins |
| 18.00 | CARDIO COMBAT | 45mins |
| 19.00 | PILATES | 60mins |

FRIDAY

| | | |
|-------|----------------------------|--------|
| 7.30 | VIRTUAL MYZONE SPIN | |
| 9.30 | HIIT | 45mins |
| 10.30 | BARBELL EXTREME | 45mins |
| 12.15 | VIRTUAL MYZONE Yoga | |
| 17.30 | SPIN | 45mins |
| 18.30 | ABS BLAST | 30mins |

SATURDAY

| | | |
|------|-------------------|--------|
| 8.30 | SPIN | 45mins |
| 9.30 | TOTAL TONE | 45mins |

SUNDAY

| | | |
|-------|----------------|--------|
| 10.00 | CIRCUIT | 45mins |
|-------|----------------|--------|

VIRTUAL MYZONE CLASSES

A on screen virtual instructor who are top of their game you will not be disappointed.

Classes can be booked 7 days in advance.
Low attended classes will be reviewed or removed.
Popular classes added to the timetable.

Class Descriptions

ZUMBA

Fun and Fitness just doesn't get any better. Alternating fast and slow rhythms that combine Latin and international music with dance moves from around the world.

CARDIO COMBAT

A full body interval class that burns the maximum number of calories. It is suitable for people with a moderate to high fitness level and incorporates exercises such as jabs and front kicks.

BARBELL EXTREME

Barbell workout gets you lean, toned and improves your overall fitness. A class with low weight and high reps.

LEGS, BUMS AND TUMS

Strengthen and tone those specific areas, including, inner and outer thighs.

TOTAL TONE

A full body workout using free weights to help strengthen shape and tone. Exercises for all levels of fitness.

PILATES

A class that will improve posture, flexibility, core strength, balance, and body awareness. Suitable for all levels and ages.

BOX AND BURN

It is time to glove up! A high-intensity cardio workout based on boxing techniques. Suitable for moderate and high fitness levels, this class will improve your core, build strength, and burn calories.

YOGA

An ancient form of exercise that focuses on strength, flexibility and breathing techniques to boost physical and mental well-being.

SPIN INDOOR CYCLING

Pedal through hill climbs, sprints, and many other challenging drills and exercises which is set to exciting music tracks and choreographed to provide an excellent workout and improve cardiovascular conditioning.

CIRCUIT

A form of body conditioning that involves endurance training, resistance training, high-intensity aerobics, and exercises performed in a circuit, similar to high-intensity interval training. It targets strength building and muscular endurance.

MOBILITY AND STRETCH

Improve your range of movement via stretches using body weight movements, plus mobilising your joints actively through their full range of motion.

TAI CHI

A system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion. A focused manner and accompanied by deep breathing.

HIIT

High Intensity Interval Training. A workout involving Core, Compound & Cardio exercises. High bursts of energy with short rest periods.

ABS BLAST

Exercises concentrating on the body's core, obliques and back.

SCULPT ARMS

Exercises focused on all the shoulder and arm area to create a sculpted look.

LEAN LEGS

A lower body workout aimed to strengthen and shape your lower body.