

Class Timetable

MONDAY

9.30 **Zumba** 40 mins

10.30 **Sculpt Arms** 45 mins

17.00 **Abs Blast** 30 mins

17.30 **HIIT Spin** 30 mins

17.30 **Zumba Sculpt** 40 mins

18.15 **Barbell Extreme** 40 mins

19.00 **Legs, Bums & Tums** 45 mins

TUESDAY

9.30 **Spin** 45 mins

9.30 **Yoga** 50 mins

10.30 **Legs, Bums & Tums** 45 mins

12.15 **Get Active!** 45 mins

17.30 **Barbell Extreme** 40 mins

18.15 **Beginner's Yoga** 40 mins

18.30 **HIIT Spin** 30 mins

19.00 **Yoga** 45 mins

WEDNESDAY

8.00 **HIIT Spin** 30 mins

9.30 **Total Tone** 45 mins

10.30 **Yoga** 50 mins

12.15 **Well-Being Flow** 50 mins

17.00 **Legs, Bums & Tums** 30 mins

17.30 **Zumba** 45 mins

18.15 **Pilates** 40 mins

18.15 **Spin** 40 mins

19.00 **Pilates** 30 mins

THURSDAY

9.30 **Spin** 45 mins

10.30 **Pilates** 45 mins

12.15 **LIIT** 30 mins

17.30 **Sculpt Arms** 30 mins

18.00 **HIIT Spin** 30 mins

18.00 **Cardio Combat** 40 mins

18.45 **Yoga** 40 mins

19.30 **Yoga** 40 mins

FRIDAY

8.00 **Yoga** 30 mins

9.30 **HIIT** 45 mins

10.30 **Get Active Circuit** 45 mins

12.15 **Sculpt Arms & Abs** 40 mins

17.30 **Spin** 45 mins

SATURDAY

9.30 **Spin** 45 mins

10.30 **Total Tone** 45 mins

SUNDAY

9.30 **Spin** 45 mins

Scan the QR code to
book a class now!



Class Descriptions

ABS BLAST

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

BARBELL EXTREME

A barbell-based workout that's specifically designed to help you get lean, toned and fit.

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.

CIRCUIT

A form of body conditioning that involves endurance training, resistance training, aerobics, and exercises performed in a circuit.

GET ACTIVE

A class for more mature beginners. A mix of strengthening and fitness exercises, that can be done with or without a chair, whilst listening to classic songs.

GET ACTIVE CIRCUIT

A station based class for more mature members. A mix of strengthening and fitness exercises, that can be done with or without a chair, whilst listening to motivational retro songs.

HIIT

High Intensity Interval Training. A workout involving core, compound & cardio exercises. High bursts of energy with short rest periods.

LEGS, BUMS & TUMS

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

LIIT

Low Intensity Interval Training. A workout designed for beginners, incorporating core, compound, and cardio exercises. It features longer intervals of moderate activity with extended rest periods to ensure a manageable pace, allowing for improved endurance and gradual fitness progression.

PILATES

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

SCULPT ARMS

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

SPIN

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 cardio.

TOTAL TONE

A full body workout using free weights to help strengthen, shape and tone.

WELL-BEING FLOW

This is an adapted form of Yoga which can be done seated or standing and also includes some seated meditation.

YOGA

Yoga is a practice that connects the body, breath, and mind. It uses physical postures, breathing exercises, and meditation to improve overall health.

ZUMBA

Alternating fast and slow rhythms that combine Latin and international music with dance moves from around the world.

ZUMBA SCULPT

Zumba with light weights to help tone the whole of the body.