

# CLASS TIMETABLE

## MONDAY

|       |                        |         |
|-------|------------------------|---------|
| 9.30  | Zumba                  | 45 Mins |
| 10.30 | Sculpt Arms            | 30 Mins |
| 12.15 | Active Beats           | 30 Mins |
| 17.00 | Abs Blast              | 30 Mins |
| 17.30 | Studio Cycling         | 30 Mins |
| 17.30 | Sculpt Arms            | 30 Mins |
| 18.00 | Zumba & Tone           | 40 Mins |
| 18.30 | Virtual Studio Cycling | 30 Mins |
| 18.45 | Legs, Bums & Tums      | 45Mins  |

## TUESDAY

|       |                     |         |
|-------|---------------------|---------|
| 9.30  | Studio Cycling      | 45 Mins |
| 9.30  | Yoga                | 50 Mins |
| 10.30 | Legs, Bums and Tums | 45 Mins |
| 12.15 | Get Active          | 45 Mins |
| 17.30 | Burn                | 30 Mins |
| 17.30 | TKO                 | 40 Mins |
| 18.15 | Beginner Yoga       | 40 Mins |
| 18.30 | Studio Cycling      | 30 Mins |
| 19.00 | Yoga                | 40 Mins |

## WEDNESDAY

|       |                   |         |
|-------|-------------------|---------|
| 8.00  | Studio Cycling    | 30 Mins |
| 9.30  | Yoga              | 50 Mins |
| 10.30 | Total Tone        | 45 Mins |
| 12.15 | Mind & Movement   | 45 Mins |
| 17.00 | Legs, Bums & Tums | 25 Mins |
| 17.30 | Zumba             | 40 Mins |
| 17.30 | Burn              | 30 Mins |
| 18.15 | Pilates           | 40 Mins |
| 19.00 | Pilates           | 30 Mins |

## THURSDAY

|       |                  |         |
|-------|------------------|---------|
| 9.30  | Burn             | 30 Mins |
| 9.30  | Beginner Pilates | 45 Mins |
| 10.30 | Pilates          | 45 Mins |
| 12.15 | Active Trainer   | 30 Mins |
| 17.00 | Barbell Extreme  | 45 Mins |
| 18.00 | Studio Cycling   | 30 Mins |
| 18.00 | Cardio Combat    | 40 Mins |
| 18.45 | Yoga             | 40 Mins |
| 19.30 | Yoga             | 40 Mins |

## FRIDAY

|       |                        |         |
|-------|------------------------|---------|
| 9.30  | HIIT                   | 45 Mins |
| 10.30 | Abs Blast              | 30 Mins |
| 12.15 | Get Active Circuit     | 45 Mins |
| 17.00 | Barbell Extreme        | 40 Mins |
| 17.45 | Studio Cycling         | 30 Mins |
| 18.30 | Virtual Studio Cycling | 45 Mins |

## SATURDAY

|       |                |         |
|-------|----------------|---------|
| 9.30  | Studio Cycling | 45 Mins |
| 10.30 | Total Tone     | 45 mins |

## SUNDAY

|       |                |         |
|-------|----------------|---------|
| 9.30  | Studio Cycling | 45 Mins |
| 10.15 | TKO            | 40 Mins |

**SCAN HERE TO  
BOOK A CLASS**

CLASSES CAN BE  
BOOKED UP TO 7 DAYS  
IN ADVANCE



# CLASS TIMETABLE

## **ABS BLAST**

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

## **ACTIVE BEATS**

A beginner-friendly class that gets you moving to the rhythm. With simple steps and lively music its the perfect way to stay active and have fun.

## **ACTIVE TRAINER**

A small-group session mixing simple strength and cardio moves. Perfect for beginners looking to build confidence and fitness in the gym.

## **BARBELL EXTREME**

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

## **BURN**

A high-intensity class designed to torch calories and boost your fitness. Combining bikes with dynamic floor exercises.

## **CARDIO COMBAT**

A full body interval class suitable for people with a moderate to high fitness level, choreographed to music and incorporates exercises such as jabs and front kicks.

## **GET ACTIVE**

A class for more mature beginners. A mix of strengthening and fitness exercises whilst listening to retro songs.

## **GET ACTIVE CIRCUIT**

A station based class for more mature beginners. A mix of strengthening and fitness exercises whilst listening to 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 the legs, including inner & outer thigh and glutes.

## **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.

## **MIND & MOVEMENT**

A gentle mobility class for those with limited mobility, focusing on improving flexibility and balance. The session ends with 15 minutes of relaxation to help you unwind and feel refreshed.

## **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.

## **STUDIO CYCLING**

Pedal through hill climbs, sprints, and many other challenging drills and exercises which is set & choreographed to exciting music tracks.

**Virtual Spin** is on the tv without a live instructor.

## **TKO**

A high-energy class combines boxing pad work with full-body toning for the ultimate cardio & strength combo. Torch calories, build lean muscle, and boost endurance.

## **TOTAL TONE**

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

## **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.