





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
GYM CIRCUITS 07:00-07:30	AQUA JOG 07:00-07:30	CYCLE CIRCUITS 07:00-07:30	VIRTUAL INDOOR CYCLE* 07:00-07:30	TABATA 07:00-07:30	VIRTUAL INDOOR CYCLE* 09:00-09:45
VIRTUAL INDOOR CYCLE* 09:00-09:45	GYM CIRCUITS 09:00-09:45	HIIT CIRCUITS 09:15-10:00	TABATA + CORE 09:00-09:45	INDOOR CYCLE + CORE* 09:00 - 10:00	CORE CONDITIONING 10:00-10:20
AQUA 11:15-11:45	YOGA FLOW- Angie 10:30-12:00	STRETCH AND ROLL 10:00-10:30	STRETCH AND ROLL 09:45-10:15	AQUA 11:15-12:00	BODY CONDITIONING - Donna 09:30-10:30
PILATES - Donna 14:00-15:00	AQUA - Angie 12:15-13:00	YOGA - Angie 14:00-15:30	AQUA 11:15-11:45	PILATES - Donna 15:30-16:30	PILATES - Donna 10:45-11:45
KENWICK BARBELL 18:00-18:30	VIRTUAL INDOOR CYCLE* 18:00-18:45	VIRTUAL INDOOR CYCLE* 18:00-18:45	RESTORATIVE YOGA AND MINDFULNESS - Angie 12:00-13:30	KIDS GYM 16:00-17:00	
DANCE FOR FITNESS - Jacqui 18:00- 18:45	BODYCOMBAT - Sam 18:00-19:00	ZUMBA TONE - Jacqui 18:00-18:45	RIG/GYM CIRCUITS 18:00-18:30	CYCLE CIRCUITS + CORE 18:00-19:00	SUNDAY
CYCLE CIRCUITS 19:00-19:45	RIG/HIIT 19:00-19:45	YOGALATES - Jacqui 19:00-19:45	ZUMBA - Donna 18:00-18:50	RIG/GYM CIRCUITS 20:00-20:30	VIRTUAL INDOOR CYCLE* 09:00-09:30
BOOGIE BOUNCE - Jacqui 19:00-19:45	BODYPUMP - Sam 19:00-20:00	HIIT 20:00-20:45	PILATES - Donna 19:00-20:00	* FTP IS NEEDED FOR THIS CLASS. PLEASE SEE RECEPTION.	BOOT CAMP! 10:00-10:45
BODY BALANCE - Sam 20:00-21:00			VIRTUAL INDOOR CYCLE* 19:00-19:45		
 = STUDIO 1	 = STUDIO 2	 = POOL CLASS	 = GYM BASED CLASS		

<p>RIG – A complete condition workout for all levels of fitness using the functional rig in the gym</p>	<p>YOGA - Help yourself to maintain, recover and improve your health through relaxation, postural. Breathing and meditation exercises. Balancing both the mind and the body enables you to mobilize all the energy you need in order to deal efficiently with all lives challenges.</p>
<p>GYM CIRCUITS – As above but including resistance machine and cardio machine in the gym</p>	<p>ZUMBA -Join the party with a dance and calorie burning fitness class incorporating various dance styles.</p>
<p>KENWICK BARBELL – Total body workout using barbells. Each part designed to target various muscle groups whilst getting a great overall body workout</p>	<p>DANCE FOR FITNESS – dance for fitness classes are fast paced and their intent is to make you break a sweat. Dance for fitness is often based on certain styles or forms of dance</p>
<p>CORE CONDITIONING – A 15 minute class, designed to tone, build and strengthen the abdominal muscles.</p>	<p>BODY COMBAT -A cardio class inspired by martial arts. Punch, Kick and Strike your way to a full body workout to motivating music!</p>
<p>TABATA - short, sharp intervals. Combines body weight, strength and high intensity cardio work designed to improve cardio and endurance</p>	<p>BODY PUMP -Total body workout using barbells, weights and steps. Each part designed to target various muscle groups whilst getting a great overall body workout.</p>
<p>CYCLE CIRCUITS – a mixture of spin and circuits. working on cardio on the bike then moving on to strength based work with barbells, dumbbells and bodyweight exercise.</p>	<p>BODY BALANCE - Ideal for anyone and everyone, BODYBALANCE™ is a new generation yoga class that will improve your mind, your body and your life.</p>
<p>HIIT – High intensity interval training, combines body weight, strength and high intensity cardio work designed to improve cardio and endurance</p>	<p>VIRTUAL INDOOR CYCLE - Calorie killing at its best! Jump on your bike and enjoy a workout without complicated moves. Travel through the range of intensities, sprints and get and get you heart rate racing.</p>
<p>PILATES - A system of controlled exercises that engage the mind and condition the total body. The blend of strength and flexibility training improves posture, reduces stress and creates long lean muscles. With beginner, intermediate and on the ball classes there is something to suit everybody.</p>	<p>Bootcamp -Bootcamp is a great way to challenge your body and reach your goals in a fun, refreshing outdoor setting.</p>
<p>RESTORATIVE YOGA AND MINDFULNESS - Working with gentle stretches, movement of the body in a very mindful way. Becoming aware and accepting your movement by experience. The body and mind are almost one entity – enjoy the benefits of mindfulness.</p>	<p>Stretch and Flex - Relaxing long held stretched combined with breathing techniques. This class is gentle yet intensive with a primary focus of getting the body and muscles to relax.</p>
<p>HIIT CIRCUITS - Combining both cardio and resistance training in the same workout. It alternates upper and lower body moves as well as high-intensity and lower-intensity exercises.</p>	<p>BOOGIE BOUNCE - Boogie Bounce® is fab, fun, funky and fat burning. A complete exercise programme on a mini trampoline with a safety bar to chart top inspiring music.</p>
<p>BODY CONDITIONING - Body Conditioning is a whole body workout that improves your overall fitness making it one of our most popular classes.</p>	<p>AQUA/AQUA JOG - Aqua is a high energy, fun fitness class in which you perform a range of aerobic moves in the pool shown by one of our motivational instructors.</p>



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