



Time Table

From Monday 4th September

MONDAY		
Time	Class	Teacher
6.30am - 7.10am	TABATA HIIT	Mel
9.30am -10.10am	TABATA HIIT	Mel
10.30am-11.30am	PILATES	Clare*
6.45pm -7.45pm	BODY PUMP	Julie Ann
7.45pm -8.45pm	BODY BALANCE	Julie Ann

TUESDAY		
Time	Class	Teacher
9.30am -10.10am	TABATA HIIT	Mel
10.30am-11.30am	YOGA	Bryony
5.45pm-6.30pm	BODY PUMP	Kerry
6.30pm-7.15pm	BODY COMBAT	Kerry
7.30pm - 8.30pm	PILATES	Clare*
7.00pm-7.40pm	TABATA HIIT	Mel

WEDNESDAY		
Time	Class	Teacher
6.30am - 7.10am	TABATA HIIT	Mel
9.30am -10.10am	TABATA HIIT	Mel
11.00am-12.00pm	BODY ATTACK	Lucy
5.30pm-7.00pm	YOGA	Becky

THURSDAY		
Time	Class	Teacher
9.30am-10.30am	BODY PUMP	Lucy
10.30am-11.30am	PILATES	Clare*
5.30pm - 6.30pm	P90X	Sarah Coe
6.30pm - 7.10pm	TABATA HIIT	Mel
6.30pm-7.30pm	BODY BALANCE	Sarah Coe
7.30pm - 8.30pm	PILATES	Clare*

FRIDAY		
Time	Class	Teacher
9.30am -10.30am	BODY ATTACK	Lucy
9.30am -10.10am	TABATA HIIT	Mel
10.30am-11.30am	BODY PUMP	Lucy
11.30am-12.30pm	P90X	Lucy

SATURDAY		
Time	Class	Teacher
6.30am - 7.10am	TABATA HIIT	Mel
9.30am -10.10am	TABATA HIIT	Mel
8.30am - 9.15am	BODY ATTACK	Lucy
9.30am-10.15am	BODY COMBAT	Kerry
10.15am-11.00am	BODY PUMP	Kerry
11.00am-11.45am	BODY BALANCE	Kerry

SUNDAY
<h2>WORK OUT BOARD</h2> <p>Choose your work-out set yourself a challenge</p>

PILATES TASTER SESSIONS - THURS 7TH SEPT. 10.30am - 11.30am & 7.30pm - 8.30pm.

* Pilates is a six week course starting w/c 11th Sept - where we have limited spaces for gym members.

Class Descriptions



BODY COMBAT - The ultimate warrior workout to develop co-ordination and release stress. Destroy calories as you learn to punch, kick, block and strike. Get a whole body workout that targets every muscle group.

BODY PUMP (LES MILLS) - This full-body workout will burn calories, shape and tone your entire body, increase core strength and improve bone health.

YOGA - Vinyasa yoga, in which movement is synchronized to the breath. This style is sometimes also called flow yoga, because of the smooth way that the poses run together and become like a dance.

BODY ATTACK (LES MILLS) - Body Attack is a whole body workout that burns calories while toning and shaping. You will build stamina and our sports-inspired moves will improve your , co-ordination and agility.

HIIT WORKOUT - Burn up to 1000 calories in 45 minutes! Small group personal training ,classes are the perfect solution if you are looking for fast results or find it hard to motivate yourself. Every workout is monitored by our unique in house 5 zone heart rate training system which tracks and monitors your personal results so you can see your improvements.

PILATES - A system of exercises using special apparatus, designed to improve physical strength, flexibility, and posture, and enhance mental awareness.

BODY BALANCE: IS the yoga based class that will improve your mind, your body & your life.

P90X - Beach body workouts, the creators on insanity bring you P90X weights based fitness class for toning and fat burning

TABATA TRAINING - Is one of the most popular forms of high-intensity interval training (HIIT). It consists of eight rounds of ultra-high-intensity exercises in a specific 20-seconds-on, 10-seconds-of interval.