

# Group Exercise Timetable

## Monday

360 Rig- 07:15-08:00 - Gym Floor  
Yoga - 17:30-18:15 - Studio 1  
Body Pump - 17:45-18:30 - Studio 3  
Boxercise - 18:30- 19:00 Studio 1

## Tuesday

Spin - 07:15-0800 - Studio 3  
Functional Fitness - 12:30 - 13:00 - Gym Floor  
HIIT - 17:30 - 18:00 - Studio 2  
Yoga - 18:30 - 19:15 - Studio 3

## Wednesday

Bootcamp 07:15-08:00 - Astro  
360 Rig - 12:30 - 13:00 Gym Floor  
Body Pump 17:30-18:15 - Studio 3  
Pilates - 17:30 - 18:15- Studio 1  
Dance Aerobics - 18:30 - 19:15 - Studio 2  
Spin - 18:30-19:15 - Studio 3

## Thursday

Boxercise - 7:15am - 8:00am - Studio 1  
Spin 12:30 - 13:00 - Studio 3  
Express Abs - 17:30 - 18:00 - Studio 2  
Body Pump - 17:30 - 18:15 -Studio 3  
Body Combat - 18:30-19:15 - Studio 3  
Pilates - 19:15-20:00 - Studio 3

## Friday

Spin - 07:15-08:00 - Studio 3  
(Staff)Yoga - 12:30 - 13:15 - Studio 3  
Body Combat - 17:30-18:15 - Studio 3  
Functional Fitness - 17:30 - 18:15 - Gym Floor

## Saturday

Bootcamp - 10:30am - 11:15am -  
Gym Floor

### **Functional Fitness**

Learn to Lift within this class. Bench, Squat, Deadlift, Row, Shoulder Press alongside some accessory work and WOD finishers.

### **BODY COMBAT**

This interval training is fiercely energetic and is inspired by mixed martial arts. Supported by driving music, you will strike, punch, kick and kata your way through.

### **BODY PUMP**

Body pump is for anyone looking to get lean, toned and fit - fast. Using light to moderate weights with lots of repetition, Body pump gives you a total body workout.

### **YOGA**

Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing.

### **360 RIG**

Circuit and HIIT based training, taken in the gym, using the Rig equipment, including TRX, Kettle Bells, Monkey Bars, Slam balls.

### **SPIN**

Group indoor cycling class that focuses on strength, speed and endurance. You'll be guided through different workout phases including hill climbs, flat terrains and time trials.

### **BOOTCAMP**

A mix of cardio and strength based training done outside (weather permitting). An old school feel with a modern twist.

### **STAFF YOGA**

This class is open to staff both members and non members. It is £2 for non-members. please book with reception.

### **Dance Aerobics**

We listened to your ideas and have put on a brand new class, all about dancing those stresses away!! Listen to some feel good music, have a laugh with your friends, and burn some extra calories with this one!

### **EXPRESS ABS**

A intensive 30-minute HIIT-based abs session which specifically targets the abdominal and oblique areas of the body.

### **HIIT**

This class keeps exercise interesting, with a mixture of strength and cardio. You'll burn a decent amount of calories too!

### **Boxercise**

High Intensity Boxing Circuit, with a mixture of Cardio and Strength based exercises.

### **PILATES**

This exercise class consists of low-impact flexibility and muscular strength/endurance movements.