

# Exercise class programme

Intensity Low Mixed High Classes in white will take place in the Fitness Centre and are all High Intensity.

	7:30 – 8:00	12:00 – 12:30	12:40 – 13:10	12:40 – 13:30	13:15 – 13:45	17:50 – 18:20	18:00 – 18:30	18:30 – 19:20	19:30 – 20:20	20:30 – 21:20
MON	<b>Ab Blast</b> A freestyle class targeting your core, front, back and sides for a complete workout	<b>Pilates</b> Improves posture and core strength through stretching and strengthening exercises		<b>Yoga</b> Moving Meditation action to still the mind and calm the senses	<b>Free Circuit Workout</b> Incorporating different stations with resistance and cardiovascular exercises	<b>Boxercise</b> Power packed circuit class incorporating boxing-style training techniques	<b>HIIT</b> Intense bursts of energy, followed by short rest periods to maximise calorie burn	<b>Body Burn</b> Complete workout for toning and fat-burning to adrenalin-pumping routines	<b>Dance Fitness</b> Mixture of dance styles that concentrate on toning those legs and abs	<b>Pedal Power</b> The ultimate calorie burn! Indoor cycling class that takes fitness to another level
TUE		<b>Boxercise</b> Power packed circuit class incorporating boxing-style training techniques	<b>Body Burn</b> Complete body workout for toning and fat-burning to adrenalin-pumping routines			<b>Pedal Power</b> The ultimate calorie burn! Indoor cycling class that takes fitness to another level	<b>HIIT</b> Intense bursts of energy, followed by short rest periods to maximise calorie burn	<b>Legs Bums Tums</b> Exercises which target the legs, bum and tum area to shape and tone	<b>Train Insane</b> MAX interval training focusing on intense and explosive exercises	<b>Zumba</b> Latin dance fuses with fitness for an easy-to-follow fun class
WED	<b>Box Circuit</b> Boxing principle workout delivered in a circuit format that targets the whole body	<b>Zumba</b> Latin dance fuses with fitness for an easy-to-follow fun class	<b>Legs Bums Tums</b> Exercises which target the legs, bum and tum area to shape and tone			<b>Energy Pump</b> Vigorous class that shapes, tones and strengthens your entire body	<b>Ab Blast</b> A freestyle class targeting your core, front, back and sides for a complete workout	<b>Zumba</b> Latin dance fuses with fitness for an easy-to-follow fun class	<b>Hatha Yoga</b> Combines classic yoga exercises with stretching to improve flexibility and balance	<b>Pilates</b> Improves posture and core strength through stretching and strengthening exercises
THU		<b>Martial Arts</b> A great class to learn self-defence, burn fat and kick your body into shape	<b>Detox Yoga</b> A version of yoga that concentrates on relaxation and cleansing the body			<b>Pilates</b> Improves posture and core strength through stretching and strengthening exercise		<b>Zumba</b> Latin dance fuses with fitness for an easy-to-follow fun class	<b>Body Burn</b> Complete body workout for toning and fat-burning to adrenalin-pumping routines	<b>Kickboxing</b> A great class to learn self-defence, burn fat and kick your body into shape
FRI	<b>HIIT</b> Intense bursts of energy, followed by short rest periods to maximise calorie burn	<b>Core Conditioning</b> A class to strengthen your core using a range of equipment	<b>Pedal Power</b> The ultimate calorie burn! Indoor cycling class that takes fitness to another level		<b>Intensity</b> High intensity athletic conditioning elements from different sports and exercise	<b>Pilates</b> Improves posture and core strength through stretching and strengthening exercises		<b>Legs Bums Tums</b> Exercises which target the legs, bum and tum area to shape and tone	<b>Kickboxing</b> A great class to learn self-defence, burn fat and kick your body into shape	<b>Beats &amp; Mixes</b> Simple, fun dance fitness routines within a disco environment
SAT	<b>Train Insane</b> MAX interval training focusing on intense and explosive exercises								<b>Zumba</b> Latin dance fuses with fitness for an easy-to-follow fun class	<b>Hatha Yoga</b> Combines classic yoga exercises with stretching to improve flexibility and balance
SUN	<b>Pedal Power</b> The ultimate calorie burn! Indoor cycling class that takes fitness to another level								<b>Pilates</b> Improves posture and core strength through stretching and strengthening exercises	<b>Train Insane</b> MAX interval training focusing on intense and explosive exercises