

Monday:

12:00 – 12:30	Boxing	Intense workout of punch combinations and pad work suitable for all levels
12:40 – 13:30	Ashtanga Yoga	Moving meditation action to still the mind and calm the senses
13:10 – 14:00	Free circuit class*	Workout incorporating different stations with resistance & cardiovascular exercises
17:30 – 18:20	Boxercise	Power packed circuit class incorporating boxing style training techniques
18:25 – 19:15	Body Blast	Complete workout for toning and fat-burning to adrenaline pumping routines
19:20 – 20:10	Dance Fitness	Mixture of dance styles which concentrate on toning those legs and abs
20:15 – 21:05	Bollywood Dance	A fun way of burning calories whilst learning how to shake your hips Bhangra style

Tuesday:

12:00 – 12:30	Boxercise	Power packed circuit class incorporating boxing style training techniques
12:40 – 13:10	Body Blast	Complete body workout for toning and fat-burning to adrenaline pumping routines
17:30 – 18:20	Spinning	The ultimate calorie burn! Indoor cycling class that takes fitness to another level
18:25 – 19:15	Step	Low impact, high energy combinations designed to achieve fat burning results
19:20 – 19:50	Skip & Tone	Jump rope skills with a boot camp style circuit to improve cardio fitness
19:55 – 20:25	Spinning	The ultimate calorie burn! Indoor cycling class that takes fitness to another level
20:30 – 21:20	Zumba	Latin dance fuses with fitness for an easy to follow fun class

Wednesday:

12:00 – 12:30	Spinning	The ultimate calorie burn! Indoor cycling class that takes fitness to another level
12:40 – 13:10	Zumba	Latin dance fuses with fitness for an easy to follow fun class
17:30 – 18:20	Body Conditioning	Great class for toning entire body using hand weights, dynabands and more
18:25 – 19:15	Pilates	Improves posture & core strength through stretching and strengthening exercises
19:20 – 20:10	Hatha Yoga	Combines classic yoga exercises with stretching to improve flexibility and balance
20:15 – 21:05	Dance Fitness	Mixture of dance styles which concentrate on toning those legs and abs

Please note this timetable is subject to change, please refer to our website- www.sportsdock.co.uk/classes for the most up to date information. Classes can be booked 1 week in advance at Reception or by phone- 020 8223 6888.

* No booking required for this class.

Thursday:

12:00 – 12:30	Core Conditioning	A class to strengthen your core using a range of equipment k
12:40 – 13:10	Spinning	The ultimate calorie burn! Indoor cycling class that takes fitness to another level
13:10 – 14:00	Free Circuit class*	Workout incorporating different stations with resistance & cardiovascular exercises
13:15 – 13:45	Skip & Tone	Jump rope skills with a boot camp style circuit to improve cardio fitness
17:30 – 18:20	Pilates	Improves posture & core strength through stretching and strengthening exercises
18:30 – 19:20	Zumba	Latin dance fuses with fitness for an easy to follow fun class
19:30 – 20:20	Belly Dance	Hip shaking core strengthening dance class which is suitable for all fitness levels
20:30 – 21:20	Kickboxing	A great class to learn self-defence, burn fat and kick your body into shape

Friday:

12:00 – 12:30	Core Conditioning	A class to strengthen your core using a range of equipment
12:40 – 13:30	Boot camp circuit	Workout incorporating different stations with resistance & cardiovascular exercises
17:30 – 18:20	Pilates	Improves posture & core strength through stretching and strengthening exercises
18:30 – 19:20	Hatha Yoga	Combines classic yoga exercises with stretching to improve flexibility and balance
19:25– 20:15	Kickboxing	A great class to learn self-defence, burn fat and kick your body into shape

Saturday:

09:30 – 10.20	Zumba	Latin dance fuses with fitness for an easy to follow fun class
18:00 – 18:50	Boot camp circuit	Workout incorporating different stations with resistance & cardiovascular exercises
19:00 – 19:50	Hatha Yoga	Combines classic yoga exercises with stretching to improve flexibility and balance

Sunday:

09:30 - 10:20	Spinning	The ultimate calorie burn! Indoor cycling class that takes fitness to another level
18:00 – 18:50	Pilates	Improves posture & core strength through stretching and strengthening exercises

Prices:

All exercise classes are FREE for Gold members. All classes in bold are peak time classes.

	Off Peak- 30 mins	Peak- 30 mins	Off peak- 50 mins	Peak- 50 mins
UEL Student	£2.00	£ 4.00	£ 4.00	£ 5.00
Silver and Bronze members	£ 2.50	£ 4.00	£ 4.00	£ 5.00
Non member**	£ 3.25	£ 5.00	£ 5.00	£ 6.00

**Non members are also subject to an additional 50p guest fee

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