

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	Ab Blast A freestyle class targeting your core, front, back and sides for a complete workout	Pilates Improves posture and core strength through stretching and strengthening exercises		Yoga Moving Meditation action to still the mind and calm the senses	Free Circuit Workout incorporating different stations with resistance and cardiovascular exercises	Boxercise Power packed circuit class incorporating boxing-style training techniques	HIIT Intense bursts of energy, followed by short rest periods to maximise calorie burn	Body Blast Complete workout for toning and fat-burning to adrenalin-pumping routines	Dance Fitness Mixture of dance styles that concentrate on toning those legs and abs	Spinning The ultimate calorie burn! Indoor cycling class that takes fitness to another level
TUE		Boxercise Power packed circuit class incorporating boxing-style training techniques	Body Blast Complete body workout for toning and fat-burning to adrenalin-pumping routines			Spinning The ultimate calorie burn! Indoor cycling class that takes fitness to another level	HIIT Intense bursts of energy, followed by short rest periods to maximise calorie burn	Legs Bums Tums Exercises which target the legs, bum and tum area to shape and tone	Train Insane MAX interval training focusing on intense and explosive exercises	Zumba Latin dance fuses with fitness for an easy-to-follow fun class
WED	Box Circuit Boxing principle workout delivered in a circuit format that targets the whole body	Zumba Latin dance fuses with fitness for an easy-to-follow fun class	Legs Bums Tums Exercises which target the legs, bum and tum area to shape and tone			Energy Pump Vigorous class that shapes, tones and strengthens your entire body	Ab Blast A freestyle class targeting your core, front, back and sides for a complete workout	Zumba Latin dance fuses with fitness for an easy-to-follow fun class	Hatha Yoga Combines classic yoga exercises with stretching to improve flexibility and balance	Pilates Improves posture and core strength through stretching and strengthening exercises
THU		Martial Arts A great class to learn self-defence, burn fat and kick your body into shape	Detox Yoga A version of yoga that concentrates on relaxation and cleansing the body			Pilates Improves posture and core strength through stretching and strengthening exercise		Zumba Latin dance fuses with fitness for an easy-to-follow fun class	Body Blast Complete body workout for toning and fat-burning to adrenalin-pumping routines	Kickboxing A great class to learn self-defence, burn fat and kick your body into shape
FRI	HIIT Intense bursts of energy, followed by short rest periods to maximise calorie burn	Core Conditioning A class to strengthen your core using a range of equipment	Spinning The ultimate calorie burn! Indoor cycling class that takes fitness to another level		CrossFit High intensity athletic conditioning elements from different sports and exercise	Pilates Improves posture and core strength through stretching and strengthening exercises		Legs Bums Tums Exercises which target the legs, bum and tum area to shape and tone	Kickboxing A great class to learn self-defence, burn fat and kick your body into shape	Clubbercise Simple, fun dance fitness routines within a disco environment
SAT	9:30 – 10:20								18:00 – 18:50	19:00 – 19:50
	Train Insane MAX interval training focusing on intense and explosive exercises								Zumba Latin dance fuses with fitness for an easy-to-follow fun class	Hatha Yoga Combines classic yoga exercises with stretching to improve flexibility and balance
SUN									Pilates Improves posture and core strength through stretching and strengthening exercises	Train Insane MAX interval training focusing on intense and explosive exercises