

# Week commencing 9th & 16th December

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.15 (25mins) <b>Spin</b> Spin Studio	7.15 (40mins) <b>Bodypump™</b> Studio 1	7.15 (40mins) <b>Spin</b> Spin Studio	8.15 (25mins) <b>LBT</b> Studio 1	7.15 (40mins) <b>Spin</b> Spin Studio	8.30 (25mins) <b>Spin</b> Spin Studio	9.30 (25mins) <b>HIIT</b> Studio 1
7.45 (40mins) <b>Yoga</b> Studio 1	8.00 (25mins) <b>Spin</b> Spin Studio	8.00 (55mins) <b>Bodybalance™</b> Studio 1	8.45 (25mins) <b>Spin</b> Spin Studio	8.00 (55mins) <b>Bodybalance™</b> Studio 1	9.00 (40mins) <b>Bodycombat™</b> Studio 1	10.00 (40mins) <b>Spin</b> Spin Studio
9.15 (40mins) <b>Bodycombat™</b> Studio 1	8.30 (25mins) <b>LBT</b> Studio 1	9.15 (55mins) <b>Bodypump™</b> Studio 1	9.15 (40mins) <b>Yogalates</b> Studio 1	9.15 (40mins) <b>Bodypump™</b> Studio 1	9.45 (55mins) <b>Bodybalance™</b> Studio 1	10.45 (25mins) <b>LBT</b> Studio 1
9.30 (25mins) <b>Niftys Dance</b> Studio 2	9.15 (40mins) <b>Bodycombat™</b> Studio 1	9.30 (25mins) <b>Stretch &amp; Tone</b> Studio 2	10.00 (40mins) <b>Bodypump™</b> Studio 1	10.00 (40mins) <b>Zumba®</b> Studio 1		11.15 (40mins) <b>Bodypump™</b> Studio 1
10.00 (40mins) <b>Bodypump™</b> Studio 1	9.15 (55mins) <b>Bodybalance™</b> Studio 2	10.00 (25mins) <b>Women &amp; Weights</b> Gym area	17.15 (40mins) <b>Bodycombat™</b> Studio 1	10.45 (55mins) <b>Yoga</b> Studio 2		12.00 (55mins) <b>Bodybalance™</b> Studio 1
10.00 (25mins) <b>Stretch &amp; Tone</b> Studio 2	9.30 (25mins) <b>Women &amp; Weights</b> Gym area	10.15 (40mins) <b>Zumba®</b> Studio 1	18.00 (40mins) <b>Spin</b> Spin Studio	17.00 (40mins) <b>Bodypump™</b> Studio 1		
10.30 (25mins) <b>Women &amp; Weights</b> Gym area	10.15 (25mins) <b>LBT</b> Studio 1	11.00 (25mins) <b>LBT</b> Studio 1	18.45 (40mins) <b>Yoga</b> Studio 2	17.45 (25mins) <b>Spin</b> Spin Studio		
10.45 (55mins) <b>Bodybalance™</b> Studio 1	10.45 (40mins) <b>Spin</b> Spin Studio	11.30 (55mins) <b>Yoga</b> Studio 2				
17.30 (25mins) <b>HIIT</b> Studio 1	10.45 (40mins) <b>Yogalates</b> Studio 1	17.30 (25mins) <b>Spin</b> Spin Studio				
18.00 (25mins) <b>Spin</b> Spin Studio	17.30 (40mins) <b>Spin</b> Spin Studio	18.00 (25mins) <b>Step</b> Studio 1				
18.30 (40mins) <b>Bodypump™</b> Studio 1	18.15 (40mins) <b>Bodycombat™</b> Studio 1	18.30 (25mins) <b>LBT</b> Studio 1				
	19.00 (55mins) <b>Bodybalance™</b> Studio 2					

CLASS TIMETABLE

# HOLIDAY TIMETABLE

## Week commencing 23rd December

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.30 (25mins) <b>Spin</b> Spin Studio	8.30 (25mins) <b>Spin</b> Spin Studio	CLOSED	CLOSED	CLOSED	9.00 (25mins) <b>Spin</b> Spin Studio	9.30 (25mins) <b>Spin</b> Spin Studio
9.00 (40mins) <b>Bodycombat™</b> Studio 1	9.00 (40mins) <b>Bodycombat™</b> Studio 1				9.30 (40mins) <b>Bodypump™</b> Studio 1	10.00 (40mins) <b>Bodycombat™</b> Studio 1
9.45 (40mins) <b>Bodypump™</b> Studio 1	9.45 (40mins) <b>Bodypump™</b> Studio 1				10.15 (25mins) <b>Step</b> Studio 1	10.45 (40mins) <b>Bodypump™</b> Studio 1
10.30 (40mins) <b>Yoga</b> Studio 1	10.30 (40mins) <b>Yoga</b> Studio 1					

## Week commencing 30th December

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.00 (25mins) <b>Spin</b> Spin Studio	8.30 (25mins) <b>Spin</b> Spin Studio	CLOSED	CLOSED	9.00 (40mins) <b>Bodypump™</b> Studio 1	9.00 (25mins) <b>Spin</b> Spin Studio	9.30 (25mins) <b>Spin</b> Spin Studio
9.45 (40mins) <b>Bodycombat™</b> Studio 1	9.00 (40mins) <b>Bodycombat™</b> Studio 1			9.45 (25mins) <b>Spin</b> Spin Studio	9.30 (40mins) <b>Bodypump™</b> Studio 1	10.00 (40mins) <b>Bodycombat™</b> Studio 1
10.30 (55mins) <b>Bodybalance™</b> Studio 1	9.45 (40mins) <b>Bodypump™</b> Studio 1			10.15 (40mins) <b>LBT</b> Studio 1	10.15 (25mins) <b>Step</b> Studio 1	10.45 (40mins) <b>Bodypump™</b> Studio 1
	10.30 (40mins) <b>Yoga</b> Studio 1					

# CLASS DESCRIPTIONS

CLASS	CLASS DESCRIPTION	BENEFITS OF THE CLASS	LEVEL
<b>Bodybalance*</b>	Combines Tai-Chi, Pilates and Yoga exercises in one class.	Lengthens, strengthens and tones muscles. Leaves you feeling centred and calm.	All
<b>Bodycombat*</b>	Energetic, calorie burning class with moves and stances taken from self-defence sports such as Karate, Boxing and Tae Kwondo.	Burns calories, improves cardiovascular system and tones muscles. Gives members a natural high.	Intermediate/ Advanced
<b>Bodypump*</b>	A fantastic muscle toning class, using steps and barbell weights .	Can dramatically change your body shape by toning and defining muscles. Helps prevent Osteoporosis.	All (options given for beginners)
<b>Hearts Pump</b>	A non-choreographed weight training class using barbells, kettlebells and dumbbells.	Can dramatically change your body shape by toning and defining muscles. Helps prevent Osteoporosis.	All (options given for beginners)
<b>HIIT</b>	High Intensity Interval Training. This class is what you need to blast fat, burn calories and increase fitness levels by performing short blasts of intensive exercises.	Burns calories and increases fitness levels using the unique interval training format.	All
<b>Legs, Bums &amp; Tums</b>	A lower body toning workout.	Tones the problem areas around the bottom, stomach and legs.	All
<b>Nifty's Dance</b>	A low impact Aerobic Class .	Mobilizes the joints and improves circulation. This is a great social class for more mature members.	Age 50+
<b>Old School Aerobics</b>	A fun low impact dance class using throwback music	Great mood lifting cardiovascular class which burns calories and tones muscles.	All
<b>Spin</b>	A calorie burning class performed on Matrix spin bikes.	Burns Calories without impacting on joints and improves fitness levels.	All (options given for beginners)
<b>Step</b>	A choreographed cardiovascular class using an elevated platform to step up and down	Burns body fat whilst toning muscles. Improves circulation and reduces blood pressure	All (options given for beginners)
<b>Stretch &amp; Tone</b>	A low impact class combining stretching exercises with light toning exercises.	Improves flexibility and muscle tone.	All
<b>Women &amp; Weights</b>	A non intimidating gym based weight training class using varied weighted dumbbells.	Strengthens and tones muscles. Gives muscle definition without building bulk.	All
<b>Yoga</b>	A variety of standing and seated asanas [postures] and pranayama [breath work]	Strength, flexibility and stress management	All
<b>Yogalates</b>	Combines core strength of pilates and the flexibility of yoga in one session.	Improves flexibility and muscle tone.	All
<b>Zumba®</b>	An exhilarating high energy dance class.	Great mood lifting cardiovascular class which burns calories and tones muscles.	All
<b>*Les Mills Classes</b>	These classes are choreographed to music and are taught all over the world. New classes are launched every 3 months after Instructors have attend training to keep updated with new moves and music.	Members will experience a feeling of accomplishment and enjoyment from the classes. See specific benefits for each class.	See Specific Class Descriptions