



Studio Class Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Evening Classes	Evening Classes	Evening Classes	Evening Classes	Evening Classes	Morning Classes	Morning Classes
18:00 – 18:45 Beginners Boot Camp Mark	18:00 – 18:30 Body Conditioning Hannah	18:00-18:30 GROUP CYCLING Mark	Jazz Fit 19:15-20:00 – Kat *Start date TBC*	18:00-18:55 P90X Paula	08:30-09:30 CIRCUITS Alan	8:45–9:30 GROUP CYCLING Zoe
19:00-20:00 Zumba Suzie	18:30 – 19:15 Cardio Blaze Hannah	19:15-20:00 PILATES Sophie	20:00-21:00 Yoga – Heather *Start date TBC*	19:00 – 20:00 Yoga - Kathy *Start date TBC*		
20:30-21:00 ABS BLAST Zoe	19:30 – 20:30 Yoga – Heather *Start date TBC*					

Please book online for the studio classes, not only does this ensure your place in the class, but if a class is cancelled we will be able to inform you at the earliest opportunity. Places are limited.

If you have booked in to a class and you are no longer able to attend please cancel your place so that another member on the waiting list can attend.

Once booked please report to the gym desk before going to your class.

Please note not all classes are held in the Sports Centre Studio.

Class Descriptions

CIRCUITS A fast paced class where you do an exercise for 30-60 seconds then move on to another exercise. You'll improve fitness, mobility, strength and stamina.	YOGA Ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing.
P90X You'll power through a variety of full-body strength training, cardio drills, and core work as a team to bust through your plateaus.	GROUP CYCLING You'll get a great workout, just hop on your bike, set the resistance that's right for you and let your instructor guide you through an incredible ride.
BOOTCAMP A challenging all body free weight workout. Bootcamp mixes cardio and resistance exercises to improve your balance, strength and flexibility.	PILATES Controlled strength and flexibility exercises that engage the mind and condition the body. Improves posture, reduces stress, and creates lean muscle.
ABS BLAST This is an abdominal workout with a focus on core strength and stability to improve your posture, training technique, and your body shape! The workout will take you through a series of mat based exercises focusing on all areas of your abdominals.	Studio Hire If you have a class that you have built up and has a good following, then you may well be interested in hiring out our studio. Please contact us for more details.
HOT YOGA Harry teaches the Bikram series which is a dynamic sequence of 26 hatha yoga postures and 2 breathing exercises. It is ideal for new and experienced students alike; each posture has an entry level to it and as the body opens up with continued practice, deeper and more advanced versions can be reached. We do it in the heat! But not too much; the room is typically heated to around 30-35 degrees centigrade, limbering the muscles and allowing for deeper and safer stretching, opening up the body whilst not being overpowering and hindering your practice.	