



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 B2B Boot Camp Mark	18:30 – 19:00 HIIT Emma	18:00 – 18:30 Body Conditioning Emma	18:30 – 19:30 B2B Boot Camp Mark	18:00-18:55 P90X Paula	08:30-09:30 CIRCUITS Alan	
19:00-20:00 Zumba Suzie	19:00 – 19:45 Group Cycling Emma	18:30 – 19:15 Cardio Blaze Emma	19:30-20:30 Supple Strength Jess			Afternoon Classes
20:30-21:00 ABS BLAST Zoe	20:00 – 20:45 Yoga Coming Soon!!	19:15-20:00 PILATES Alexis				14:30-15:30 Aqua Zumba Debra

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

<p>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.</p>	<p>Supple Strength Supple strength is a combination of both yoga and Pilates based exercises. During this class you will achieve a full body workout. Including upper body strengthening, abdominal exercises. Focussing on balance and the flow of movement.</p>
<p>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.</p>	<p>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.</p>
<p>BOOTCAMP Learning and developing fundamental movements to improve your overall strength and fitness. With various exercises using equipment or your own body weight, you'll get a great workout.</p>	<p>PILATES Controlled strength and flexibility exercises that engage the mind and condition the body. Improves posture, reduces stress, and creates lean muscle.</p>
<p>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.</p>	<p>HIIT High Intensity Interval Training! This session is about hitting those physical peaks, doing exercises that raise your heart rate to its maximum!</p>
<p>BODY CONDITIONING A total body workout to help improve your overall fitness. Using your own body weight as resistance, you'll be taken through a whole range of moves.</p>	<p>CARDIO BLAZE A whole body exercise class that is high energy and fun. Athletic movements combined with strength exercises makes for a great class for all levels of ability.</p>
<p>ZUMBA This is a fun aerobic class. Grooving to the beats of salsa, flamenco, and merengue music feels more like a dance party than a workout, which is exactly what makes Zumba so popular.</p>	<p>STUDIO HIRE If you have your own class and you would like to hire the studio, please contact us to see if we have the availability to get you on our timetable. Please email nhsports@nhs.gdst.net to get more information.</p>