

Studio One Fitness Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.05-9.55 am	9.05-9.55 am	9.05-9.55 am	9.05-9.55 am	9.05-9.55 am	9.05-9.55 am	9.05-9.55 am
Legs, Tums & Bums	Advanced Aerobic Fat Burner ♥	Beginners Aerobic Fat Burner	Intermediate Step ♥	Legs, Tums & Bums	Weights for Strength and Tone*	Beginners Aerobic Fat Burner
10.05-10.55 am	10.05-10.45 am	10.05-10.55 am	10.05-10.45 am	10.05-10.55 am	10.05-10.55 am	10.05-10.35 am
Beginners Aerobic Fat Burner	90/60/30 HIIT Workout ♥	Intermediate Pilates*	Drums Alive*	Beginners Aerobic Fat Burner	Advanced Aerobics Fat Burner ♥	Skip Fit* ♥
11.05-11.55 am	11.05-11.55 am	11.05-11.55 am	11.05-11.55 am	11.05-11.55 am	11.05-11.55 am	11.05-11.55 am
Groovelates	Zumba®	Magical Musicals	Zumba®	Sassy Style	Bollywood	Hot Salsa Fitness
3.05-3.30 pm	4.05-4.45 pm	3.05-3.45 pm	12.05-12.55 pm	3.05-3.30 pm	3.05-3.30 pm	3.05-3.45 pm
Hula Hooping*	Stretching for Health*	Ballet Toning*	Pilates	Hula Hooping*	Hula Hooping*	Ballet Toning*
5.05-5.55 pm	5.05-5.55 pm	4.05-5.00 pm	3.05-3.30 pm	4.05-4.45 pm	4.05-4.45 pm	4.05-4.55 pm
Candlelight Stretch	Pilates	Dragon Fan*	Hula Hooping*	Ballet Toning*	Fitness Yoga	Pilates based Strength and Stretch
6.00-6.35 pm	6.35-7.30pm	5.05-5.55 pm	5.05-5.55 pm	5.05-5.55 pm	5.05-5.45 pm	5.05-5.55 pm
Skip Fit* ♥	Weights for Strength and Tone*	Candlelight Stretch	Fitness Yoga	Candlelight Stretch	Beaming*	Candlelight Stretch
		6.05-7.30 pm	6.35-7.15 pm			
		Hatha Yoga*	Rush ♥			

Outdoor Activities

2.05-2.55 pm		2.05-2.55 pm			9.05-9.55 am	11.05-11.45 am
Country Walk		Country Walk			Boot Camp	Nordic Walking*

Monday 9th to Sunday 15th January 2017

* Please book these classes in the Gym as spaces are limited

♥ Indicates higher intensity classes. All other classes are mixed ability.

Trainers must be worn for the majority of classes

Please see Fitness notice board for timetable changes and class descriptions

Services and facilities are subject to change or withdrawal without notice



Studio Two Fitness Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.05-9.55 am	9.05-9.55 am	7.35-8.00am am	9.05-9.55 am	9.05-9.55 am	9.05-9.55 am	7.35-8.00 am
Studio Cycling *	Coreboard Conditioning *	Wake up and Stretch	Coreboard Conditioning *	Intermediate Pilates*	See Outdoor Activity	Wake up and Stretch
10.05-10.45 am	10.05-10.55 am	9.05- 10.00 am	10.05-10.45 am	10.05-10.55 am	10.05-10.45 am	9.05-9.55 am
High Intensity Interval Training* ♥	Studio Cycling*	Studio Cycling*	HIIT Wheels* ♥	Studio Cycling*	HIIT Wheels* ♥	Legs Tums and Bums
11.05-11.45 am	11.05-11.55 am	10.05-10.45 am	11.05-11.55 am	11.05-11.55 am	11.05-11.30 am	10.05-10.55 am
Pilates on the Ball*	Fitness Ball*	Beaming*	Beaming*	Tai Chi	Ab Zone ♥	Studio Cycling*
12.05-12.45 pm	3.05-3.30 pm	11.05-11.55 am	2.05-2.45 pm	2.05-2.30 pm	12.05-12.55 pm	12.05-12.30 pm
Relax and Unwind	Introduction to Meditation	Tai Chi Fusion	Pilates on the Ball*	Introduction to Meditation	Intermediate Pilates*	Introduction to Meditation
4.05-5.15 pm	4.05-4.45 pm	3.05-3.45 pm	4.05-4.45 pm	5.05-5.45 pm	4.05-4.45 pm	4.05-4.45 pm
Beginner's Hatha Yoga*	Beaming*	Fitness Ball*	Relax and Unwind	Studio Cycling*	Relax and Unwind	90/60/30 HIIT Workout ♥
5.30-6.00 pm	5.05-5.40 pm	5.05-5.45 pm	5.05-5.45 pm		5.05-5.45 pm	5.05-5.30 pm
Ab Zone ♥	Resistance Band Workout	Total Leg Workout	Stretching for Health*		Aromaball Destress*	Flat Stomach Strong Stomach
6.35-7.30 pm	5.45-6.30 pm	6.35-7.30 pm	6.00-6.35 pm			
Advanced Pilates*	HIIT Wheels* ♥	Super Circuits ♥	Intermediate Studio Cycling* ♥			

Exercise Pool Classes

10.05-10.30 am	10.05-10.30 am	10.05-10.30 am	10.05-10.30 am	10.05-10.30 am	10.05-10.30 am	10.05-10.30 am
Aquatone	Cardio Splash	Wild Woggles	Aquatone	Aqua Mitts	Cardio Splash	Wild Woggles
11.05-11.30 am	11.05-11.30 am	11.05-11.30 am	11.05-11.30 am	11.05-11.30 am	11.05-11.30 am	11.05-11.30 am
Aqua Attack	Wild Woggles	Aqua Mitts	Cardio Splash	Aqua Tone	Aqua Mitts	Cardio Splash
4.05-4.30 pm	4.05-4.30 pm	4.05-4.30 pm	4.05-4.30 pm	4.05-4.30 pm	4.05-4.30 pm	4.05-4.30 pm
Cardio Splash	Aqua Tone	Aqua Attack	Wild Woggles	Cardio Splash	Wild Woggles	Aqua Tone

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