

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 | Weights for Strength and Tone* | Beginners Aerobic Fat Burner | Intermediate Step ♥ | Legs, Tums & Bums | Weights for Strength and Tone* | Intermediate Step ♥ |
| 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 | Zumba® |
| 3.05-3.30 pm | 4.05-4.45 pm | 3.05-3.45 pm | 2.15-3.00 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* |
| 3.45-5.00pm | 5.05-5.45 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 |
| Beginners Hatha Yoga* | Pilates | Dragon Fan* | Hula Hooping* | Ballet Toning* | Fitness Yoga | Pilates |
| 5.05-5.55 pm | | 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 |
| Sunset Stretch | | Sunset Stretch | Fitness Yoga | Sunset Stretch | Beaming* | Sunset Stretch |
| 6.00-6.35 pm | | 6.05-7.30 pm | 6.35-7.15 pm | | | |
| Skip Fit* ♥ | | 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 20th to Sunday 26th March 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 | 11.05-11.45 am | 10.05-10.55 am |
| Pilates on the Ball* | Fitness Ball* | Beaming* | Beaming* | Tai Chi | Roll and Release* | Studio Cycling* |
| 12.05-12.45 pm | 2.05-2.30 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 |
| 5.05-5.30 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 |
| Ab Zone ♥ | Beaming* | Roll and Release* | Brain Fit | Studio Cycling* | Relax and Unwind | 90/60/30 HIIT Workout ♥ |
| 6.35-7.30 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 |
| Advanced Pilates* | Fitness Ball* | Total Leg Workout | Stretching for Health* | | Aromaball Destress* | Flat Stomach Strong Stomach |
| | 5.45-6.30 pm | 6.35-7.30 pm | 6.00-6.35 pm | | | |
| | 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 | Aquatone | 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 | Aquatone | Aqua Attack | Wild Woggles | Cardio Splash | Wild Woggles | Aquatone |

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