**1st August, 2016 Studio Timetable**

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| Date | Time | *Duration* | *Class* | Location | Instructor |
| Monday | 09:45-10:45  17:45-18:30  19:15-20:00  18:30-19:30  19:30-20:00  20:00-21:30 | 60 mins  45 mins  45 mins  60 mins  30 mins  90 mins | Yoga(Gentle)  Spin  Spin  Pilates  Abs Blast  *\*Total Krav Maga* | Studio  Spin Studio  Spin Studio  Studio  Studio  Studio | Kerry  Dave  Dave  Gemma  Sohail  Nick |
| Tuesday | 09:30-10:30  09:30-10:15  12:30-13:00  18:00-19:00  18:30-19:15  19:30-20:30  19:15-20:00 | 60 mins  45 mins  30 mins  60 mins  45 mins  60 mins  45 mins | Bodyworks  Spin  Core Circuit  All Over Workout  Functional Fit  Zumba  Spin | Studio  Spin Studio  Studio  Studio  Gym  Studio  Spin Studio | Tricia  Dave  Sohail  Lisa  Dom  Edith  Lisa |
| Wednesday | 09:45-11:00  17:45-18:45  18:30-19:15  19:15-20:15  20:15-21:15 | 75 mins  60 mins  45 mins  60 mins  60 mins | Yoga(Moderate)  Insanity  Spin  Yogalates  Boxfit | Studio  Studio  Spin Studio  Studio  Studio | Janette  Patrick  Edith  Chloe  Sohail |
| Thursday | 09:30-10:30  09:30-10:15  10:30-11:30  12:30-13:00  17:45-18:30  18:15-19:00  19:15-20:30 | 60 mins  45 mins  60 mins  30 mins  45 mins  45 mins  75 mins | Bodyworks  Functional Fit  Pilates  Abs Blast  Spin  Circuits  Yoga | Studio  Gym  Studio  Studio  Spin Studio  Studio  Studio | Tricia  Sohail  Moira  Sohail  Lesroy  Dom  Kerry |
| Friday | 09:30-10:15  17:45-18:30  17:45-18:30  19:00-21:00 | 45 mins  45 mins  45 mins  60 mins | Spin  Spin  Boxfit  *\*Chinese Boxing* | Spin Studio  Spin Studio  Studio  Studio | Dave  Dave  Sohail  John |
| Saturday | 09:15-10:00  09:30-10:15  11:00-12:30 | 45 mins  45 mins  90 mins | Spin  Hiit Circuit  *\*Yoga* | Spin Studio  Studio  Studio | Dave  Pip  Mark |
| Sunday | 10.30-11.30 | 60 mins | Zumba | Studio | Anne |

Please Register and Book online at: [**https://indma04.clubwise.com/datchetandetonleisure/#**](https://indma04.clubwise.com/datchetandetonleisure/)

Please note that all classes are subject to alteration. Please contact the club, to check availability, prior to arriving for your class. Classes are subject to cancellations if there are three or fewer participants booked in. Classes can be booked up to 14 days in advance.

\*Available to members and non-members at an additional cost.

**Class Descriptions**

**Spin**

A 45 minute, calorie burning, studio based cycling class for all ages and abilities. This class will dramatically improve your CV fitness, lower body muscular endurance and burn loads of calories.

**Yogalates**

A blend of Yoga and Pilates, designed to integrate the Pilates methodology into the practice of Hatha yoga for a more complete system of exercise.

**Zumba**

A Latin inspired, easy to follow, feel it to the core, aerobic dance fitness party. Have fun and get fit at the same time.

**Yoga**

Renowned for its rejuvenating and toning benefits, yoga boosts stamina and helps to burn calories. Stress and tension are relieved with yoga postures and breathing exercises. Suitable for all levels of fitness, including those with back problems.

**Core Circuit/Abs Blast**

A 30minute class designed to improve posture, back stability and condition those all-important abdominals. Swiss balls and other apparatus may be used.

**Circuits**

A 45minute class that is high energy and fast paced. This class will improve your CV fitness, all over muscular endurance and burn loads of calories.

**Pilates**

Pilates or Physical Mind method, is a series of non-impact exercises designed to develop strength, flexibility,

balance, and inner awareness.

**Bodyworks**

This class involves deep muscle work using small precise movements to help tighten and tone the body. A low impact warm-up is followed by ballet, yoga and isometric style exercises to help strengthen all core muscles, improve balance, body alignment and flexibility. Different levels are always given to make your workout as advanced as required. (Resistance bands, balls and weights can be used for advanced levels).

**Boxfit**

This class is mainly pad work conditioning and adopts boxing techniques to develop your aerobic endurance and upper/lower body strength. Incorporating pads and bags for a fantastic workout.

**All Over Workout**

A moderate to high intensity, aerobic workout using a selection of equipment, hand weights, body bars etc. This class will improve your strength and endurance.

**Insanity**

A cardio based total body workout. An accelerated warm up followed by three phases: plyometric and endurance, strength and balance finishing with core work and a stretching.

**Functional Fit**

A variety of high intensity exercises designed to burn fat and improve Cardiovascular fitness. These classes are taken in the gym and are a mixture of weight training, plyometric, boxing and body weight exercises.