

1st November, 2016 Studio Timetable

Date	Time	Duration	Class	Location	Instructor
Monday	09:45-10:45	60 mins	Yoga(Gentle)	Studio	Kerry
	17:45-18:30	45 mins	Spin	Spin Studio	Dave
	19:15-20:00	45 mins	Spin	Spin Studio	Dave
	17:30-18:25	55mins	Body Conditioning	Studio	Michelle
	18:30-19:30	60 mins	Pilates	Studio	Michelle
	19:30-20:00	30 mins	Abs Blast	Studio	Sohail
	20:00-21:30	90 mins	*Total Krav Maga	Studio	Nick
Tuesday	09:30-10:15	45 mins	Bodyworks	Studio	Tricia
	10:15-11:00	45 mins	Stretch	Studio	Tricia
	09:30-10:15	45 mins	Spin	Spin Studio	Dave
	12:30-13:00	30 mins	Core Circuit	Studio	Sohail
	18:00-19:00	60 mins	All Over Workout	Studio	Lisa
	18:30-19:15	45 mins	Functional Fit	Gym	Dom
	19:05-20:05	60 mins	Zumba	Studio	Edith
19:00-19:45	45 mins	Spin	Spin Studio	Lisa	
Wednesday	09:45-11:00	75 mins	Yoga(Moderate)	Studio	Janette
	17:45-18:45	60 mins	Insanity	Studio	Patrick
	18:30-19:15	45 mins	Spin	Spin Studio	Edith
	19:15-20:15	60 mins	Yogalates	Studio	Chloe
	20:30-21:30	60 mins	Boxfit	Studio	Sohail
Thursday	09:30-10:30	60 mins	Bodyworks	Studio	Tricia
	09:30-10:15	45 mins	Functional Fit	Gym	Sohail
	10:30-11:30	60 mins	Pilates	Studio	Moira
	12:30-13:00	30 mins	Abs Blast	Studio	Sohail
	17:45-18:30	45 mins	Spin	Spin Studio	Lesroy
	18:15-19:00	45 mins	Circuits	Studio	Dom
	19:15-20:30	75 mins	Yoga	Studio	Kerry
Friday	09:30-10:15	45 mins	Spin	Spin Studio	Dave
	17:45-18:30	45 mins	Spin	Spin Studio	Dave
	17:45-18:30	45 mins	Boxfit	Studio	Sohail
	19:00-21:00	60 mins	*Chinese Boxing	Studio	John
Saturday	09:15-10:00	45 mins	Spin	Spin Studio	Dave
	09:45-10:30	45 mins	Hiit Circuit	Studio	Pip
	11:00-12:30	90 mins	*Yoga	Studio	Mark
Sunday	10.30-11.30	60 mins	Zumba	Studio	Anne

Please Register and Book online at: <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.



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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.

Stretch

Do you stretch enough? A stretch class which works on different muscle groups each week. Teaching a basic stretch at an easy level working up to an advanced stretch so improvement can be achieved at everyone's own level. Suitable for everyone stretch is flexibility and mobility for life.

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.

Body Conditioning

This class is a low intensity all over body workout designed to improve overall fitness using a mixture of step, swill ball and circuits all combined in one. Perfect for elevating heart rate & burning calories.





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