

1st February, 2017 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 |
| | 17:45-18:30 | 45 mins | Legs, Bums + Tums | Studio | Georgia |
| | 19:15-20:00 | 45 mins | Spin | Spin Studio | Dave |
| | 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 | <i>*Total Krav Maga</i> | 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 |
| | 19:00-20:00 | 60 mins | Yoga | Studio | Hannah |
| | 20:15-21:15 | 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 |
| | 18:00-19:00 | 60 mins | Circuits | Studio | Dom |
| | 19:15-20:30 | 75 mins | Yoga | Studio | Kerry |
| Friday | 09:30-10:15 | 45 mins | Spin | Spin Studio | Dave |
| | 10:30-11:45 | 75mins | Yoga (From 24 th Feb) | Studio | Kerry |
| | 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 | <i>*Chinese Boxing</i> | 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 | <i>*Yoga</i> | Studio | Mark |
| Sunday | 9:30-10:45 | 45 mins | Spin (From 26 th Feb) | Spin Studio | Anne |
| | 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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