**1st January, 2018 Studio Timetable**

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| Date | Time | *Duration* | *Class* | Location | Instructor |
| Monday | 09:45-10:45  17:45-18:30  17:45-18:30  18:45-19:30  18:30-19:30  19:30-20:00  19:30-20:00  20:00-21:30 | 60 mins  45 mins  45 mins  45 mins  60 mins  30 mins  60 mins  90 mins | Yoga(Gentle)  Spin  Legs, Bums + Tums  Spin  Pilates  Abs Blast  5-a-Side Football  *\*Total Krav Maga* | Studio  Spin Studio  Studio  Spin Studio  Studio  Studio  Sports Hall  Studio | Kerry  Dave  Georgia  Pip  Michelle  Sohail  Martin  Nick |
| Tuesday | 09:30-10:15  10:15-11:00  09:30-10:15  12:30-13:00  18:00-19:00  19:00-19:45  19:05-20:05 | 45 mins  45 mins  45 mins  30 mins  60 mins  45 mins  60 mins | Bodyworks  Stretch  Spin  Core Circuit  All Over Workout  Functional Fit  Zumba | Studio  Studio  Spin Studio  Studio  Studio  Gym  Studio | Tricia  Tricia  Dave  Sohail  Dom  Dom  Edith |
| Wednesday | 09:30-10:15  09:45-11:00  17:45-18:45  18:30-19:15  19:00-20:00  20:15-21:15 | 45 mins  75 mins  60 mins  45 mins  60 mins  60 mins | Spin  Yoga(Moderate)  Insanity  Spin  Yoga  Boxfit | Spin Studio  Studio  Studio  Spin Studio  Studio  Studio | Dave  Janette  Patrick  Edith  Hanna  Sohail |
| Thursday | 09:30-10:30  09:30-10:15  10:30-11:30  12:30-13:00  18:00-19:00  19:15-20:30 | 60 mins  45 mins  60 mins  30 mins  60 mins  75 mins | Bodyworks  Functional Fit  Pilates  Abs Blast  Circuits  Yoga | Studio  Gym  Studio  Studio  Studio  Studio | Tricia  Sohail  Moira  Sohail  Dom  Kerry |
| Friday | 09:30-10:15  10:30-11:45  17:45-18:30  17:45-18:30  19:00-21:00 | 45 mins  75mins  45 mins  45 mins  60 mins | Spin  Yoga  Spin  Boxfit  *\*Chinese Boxing* | Spin Studio  Studio  Spin Studio  Studio  Studio | Dave  Kerry  Dave  Sohail  John |
| Saturday | 09:00-10:00  09:15-10:00  10:00-10:45 | 60 mins  45 mins  45 mins | Yoga  Spin  Hiit Circuit | Studio  Spin Studio  Studio | Stuart  Dave  Pip/Tricia |
| Sunday | 9:30-10:15  10:30-11.30 | 45 mins  60 mins | Spin  Zumba | Spin Studio  Studio | Anne  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.

**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.

**Legs, Bums and Tums**

Legs, bums and tums is light hearted class that aims to work and define those exact targeted areas whilst also increasing overall cardiovascular fitness.