

Studio Timetable November 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Functional Fit 9:30am-10:15am Dominic	Spin 9:30am-10:30am Dave	Spin 9:30am-10:15am Dave	Functional Fit 9:30am-10:15am Sohail	Spin 9.30am-10.15am Dave	Yoga 9am-10am Stuart	Spin 9:30am-10:15am Anne
Yoga 9:45am-10:45am Kerry	Bodyworks 9:30am-10:15am Tricia	Yoga 9:45am-11am Janette	Bodyworks 9:30am-10:30am Tricia	Zumba 9:30am-10:20am Yaz	Spin 9:15am-10am Dave	Zumba 10:30am-11:30am Anne
Functional Fit 5pm-5:45pm Sohail	Stretch 10:15am-11am Tricia	Spin 6:15pm-7pm Edith	Pilates 10:30am-11:30am Maira	Spin 10:30-11:15am Stuart	Hiit Circuit 10am-11am Dominic/Tricia	
Spin 5:45pm-6:30pm Dave	Pulse 5:45pm-6:30pm Ethan (starting 12th Nov)	Yoga 7pm-8pm Justine	Hiit Circuit 5:45pm-6:30pm Dominic	Yoga 10:30am-11:45am Kerry		
All Over Body 5:45pm-6:30pm Jennifer		Boxfit 8:15pm-9:15pm Kerry	Yin-Yang Yoga 7am-8pm Kerry	Spin 5:45pm - 6:30pm Dave		
Pilates 6:30pm-7:30pm Maira				Boxfit 5:45pm - 6:30pm Sohail		
5 a side Football 7:30pm-8:30pm Martin				Basketball 6:45pm-8pm Dominic		

Members - Book on Fitsense App - (8 days in advance)

Non Members - £8.40 pay as you go (1day in advance)bookable on reception



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Monday morning Yoga: Gentle Yoga

Gentle yoga is for all levels and can be various styles of yoga.

Wednesday morning Yoga: Hatha Yoga

Hatha Yoga with dynamic poses and also restorative poses and nurturing practices to balance our busy lives.

Wednesday evening Yoga: Vinyasa Yoga

At the heart of this practice is breath synchronised with movement to create a dynamic flow, so be prepared to work hard and expect to get a little sweaty as the focus on one of the tools 'ujjayi breath' will generate an intense internal heat as you move around the mat.

Thursday evening Yoga: Yin/Yang Yoga alternate weeks.

Yin: passive deep stretching.

Yang: a dynamic energetic class.

Friday morning Yoga: Vinyasa Yoga

Vinyasa yoga is the integration of body, breath and mind.

Saturday morning Yoga: Hatha Yoga.

It's the practice of asanas, or yoga postures, and breathing exercises. It is suitable for beginners as well as the more advanced as adaptations are always given to ensure everyone is welcome and the class is inclusive.

Pilates

Pilates 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. The class consists of ballet, yoga and isometric style exercises to help strengthen all core muscles, improve balance, body alignment and flexibility.

Fight club

Mainly paired up on pads and gloves. Pad work conditioning, purely boxing and kickboxing combinations!

Functional Fit: A variety of high intensity exercises with a mixture of Olympic lifting, body weight training and plyometrics.

Spin

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

Pulse

Pulse consists of a variety of free-weights and body weight exercises requiring pulses between each rep. Suitable for all ages and will really push muscular endurance.

Legs bums & tums

The name says it all. High repetition-based routines will put your legs bums and tums through their paces.

HIIT circuit

HIIT is proven to give the best results, combining high intensity exercises followed by rest, allowing you to work to your own maximum, helping you to get more out of your workout and in less time.

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.