

# Class Timetable

To book your place call 01803 666935

**Non members' casual rate is £5. Book 10 classes with our voucher for £40.**

All classes **MUST** be **PRE-BOOKED** at the Health and Leisure Suite on 01803 666935, are subject to availability and may be cancelled or postponed without prior warning. **PAYMENT** is required on booking and cancellation less than 24 hours prior to the class will not be refunded.

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday                              | Saturday                        | Sunday                                    |
|---|---|---|---|-------------------------------------|---------------------------------|---|
| 0930-1000<br>Leg Circuits with Tiff                     | 0930-1015<br>Circuits Body HIT<br>Tiff              | 0930-1000<br>LBT<br>Tiff                            | 0645-0730<br>Indoor Cycling<br>Tiff             | 0930-1000<br>LBT<br>Tiff            |                                 | 1030-1100<br>Boxing Circuits<br>with Tiff |
| From 12/08/19<br>1000-1030<br>Mobility & Core<br>Nikola | 1800-1830<br>Kettle Circuits<br>Tiff                | 1000-1045<br>Circuits<br>Tiff                       | 0930-1015<br>Advanced Boxer<br>Circuits<br>Tiff | 1030-1130<br>Pilates with<br>Tamsin | 0900-0930<br>Circuits with Tiff |   |
|   |   | 1030-1130<br>Pilates<br>With Tamsin                 |   |                                     |                                 |   |
| 1100-1145<br>Aqua Fit<br>Nikola                         | 1830-1915<br>Indoor Cycling<br>Intermediate<br>Tiff |   | 1100-1230<br>Hatha Yoga with<br>Jane            | 1230-1315<br>Aqua Fit<br>Nikola     |                                 |   |
| 1800-1830<br>Indoor Cycling<br>Tiff                     | 1930-2030<br>Zumba<br>Sara                          | 1230-1300<br>Aqua HITT Fit<br>Tiff                  |   | 1800-1830<br>Body HIT<br>Tiff       |                                 |   |
| 1830-1915<br>Advanced Boxer Circuits<br>Tiff            |   | 1800-1830<br>Indoor Cycling with<br>kettles<br>Tiff | 1800-1830<br>Body HIT<br>Tiff                   |                                     |                                 |   |
| 1915 -2015<br>Pilates with Tamsin                       |   | 1900-1945<br>Aqua Fit<br>Nikola                     | 1900-2030<br>Hatha Yoga with<br>Jane            |                                     |                                 |   |

### Circuits & HIIT

Perfect for anyone who wants a fun and fast paced class. A great lower body workout with a variety of cardio and strength training exercises. Using minimal rest maximising your workout time. Working with a combination of cardio and weights, performing each exercise in timed succession before moving on. Have an awesome workout with a bunch of fun people.

### Mobility & Core

Perfect for anyone who needs to improve their flexibility and mobility. A great class to improve your flexibility, strengthen your core and help prevent injury.

### Kettlebells

Want to add a swing to your workout routine? This is a perfect class for new ideas. kettlebells will work your whole body in one workout. A great combination of cardio and weight training which will build strength and stamina.

### Hatha Yoga

This class concentrates on physical health and mental well-being. Hatha Yoga uses bodily postures (asanas), breathing techniques (pranayama), and meditation techniques (dyana) with the goal of bringing about a sound, healthy body and a clear, peaceful mind. The asanas work to make the spine supple, the core strong and supple and to promote circulation in the organs, glands and tissues. Hatha Yoga postures strengthen and stretch the body, promoting balance and flexibility.

### Indoor cycling

Perfect for anyone who wants to blast their cardio. This class will burn through hundreds of calories, pushing yourself to your limits, keeping you in control. It will also help to improve your fitness levels with a great body conditioning workout.

### Boxing Circuits

An epic class for anyone who wants to hit their training hard! Get lean and toned, improve your cardio health and strength, as well as learning some new self-defence skills. Learn basic to advanced boxing combinations using gloves and pad work.

### Aqua Fit

Great for everyone and anyone - yes even non-swimmers! A full body toning and conditioning workout. Strengthen your heart and your lungs whilst improving endurance and stamina. This is also a great class to burn those calories.

### Pilates

Perfect for all abilities. Stretch, tone and condition your whole body. Bring your body and mind into a state of harmony. Bend, stretch and strengthen.

### Zumba

The perfect class for everyone and anyone but especially those who want to make a party out of their workout, which will give you a great energy boost. A total body workout combining fitness and flexibility whilst developing your co-ordination.

### Legs, bums & tums

Excellent for anyone who wants to focus on those infamous trouble spots. Tone and sculpt your legs, bum and tum! Fantastic mix of fun and fitness whilst developing your cardio fitness.

### Opening Times

|                   | Gym        | Swimming pool<br>Sauna & Steam Room  |
|-------------------|------------|--|
| Monday – Friday   | 6.30am–9pm | 6.30am-9am Adults Only<br>9am-7pm All Age Groups<br>7pm-8.30pm Adults Only |
| Saturday – Sunday | 8am–6.30pm | 8am-9am Adults Only<br>9am-6pm All Age Groups                              |