

DEVON HILLS CLASS TIMETABLE

To book your place call 01803 666935 or go to www.devonhillsfitness.co.uk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.30-10.00am LEGS Tiff	6.30-7.15am REPS & SETS Tiff	6.30-7.00am FITT Tiff	9.30-10.15am CIRCUITS Tiff	6.30-7.00am CIRCUITS Tiff	9.00-9.45am RESISTANCE BAND Tiff	9.30-10.15am CIRCUITS Tiff
10.15-11.15am CORE CONDITIONING Nina	9.30-10.15am RESISTANCE BAND Tiff	9.30-10.15am SWISS BALL Tiff	11.00am-12.30pm HATHA YOGA Jane	9.30-10.15am KETTLE BELLS Tiff		
11.30am-12.00pm AQUA FIT Tiff	11.15am-12.15pm YOGALATES Nina	10.30-11.30am PILATES Tamsin	6.00-6.30pm STRENGTH & CONDITIONING Tiff	10.30-11.30am PILATES Tamsin		
6.00-6.30pm INDOOR CYCLING Tiff	6.00-6.30pm KETTLE BELLS Tiff	11.45am-12.15pm AQUA FIT Tiff	7.00-8.30pm HATHA YOGA Jane	12.00-12.30pm AQUA FIT Tiff		
6.45-7.15pm CIRCUITS Tiff	6.45-7.15pm INDOOR CYCLING Tiff	5.00-6.00pm VINYASA YOGA Nina		5.30-6.00pm INDOOR CYCLING Tiff		
7.30-8.30pm PILATES Tamsin	7.30-8.30pm ZUMBA Sara	6.15-6.45pm INDOOR CYCLING Tiff		6.15-7.15pm ZUMBA Sara		

DANCE

CARDIO

BODY & SOUL

STRENGTH & CONDITIONING

All classes MUST be PRE-BOOKED, are subject to availability and may be cancelled or postponed without prior warning.



DEVON HILLS FITNESS



**HAULFRYN
HOLIDAYS**

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.

BOXFIT

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.

CIRCUITS

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.

FITT

A fast, high intensity workout that requires only your body weight as resistance.

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.

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.

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, building strength and stamina.

LEGS

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

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.

STRENGTH & CONDITIONING

Targets muscle groups using barbells, dumbbells and more, helping to increase your muscular endurance, strength and flexibility.

VINYASA FLOW YOGA

A dynamic style of yoga excellent for improving strength, tone and flexibility evenly throughout the body. Classes are fun and uplifting; the intention is that you leave a session feeling revitalised and physically toned, with a greater sense of mental and bodily wellbeing.

YOGALATES

Combines the best of both yoga and Pilates with positive effects on the body and mind. Suitable for all levels as exercises are adapted to the individual.

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.

REPS AND SETS

Reps & Sets is a great way to lift, tone, and build muscle. This class uses all kinds of weights to help you sculpt and define your body.

RESISTANCE BAND CLASS

Full body conditioning class using resistance bands to sculpt and tone. The different strength bands are chosen for the individual to work at their own level against their own strength in a functional work-out.

SWISS BALL CLASS

A Swiss Ball based training class that works your core muscles including the abdominals, back, bum and thighs.

Opening Times	Gym	Swimming Pool Sauna & Steam Room
Monday - Friday	6.30am-9pm	6.30am-9am Adults Only 9am-7pm All Age Groups 7pm-8.30pm Adults Only
Saturday-Sunday	8am-6.30pm	8am-9am Adults Only 9am-6pm All Age Groups