

# CLASS TIMETABLE

19TH DECEMBER - 2ND JANUARY

THURSDAY 19TH		
7:00 - 7:45	Barbell Circuits	Joanna
8:00 - 8:55	Reformer Pilates*	Sasa
8:30 - 9:15	Functional Fitness	Charlie
9:15 - 10:15	Fitness Pilates	Kerry
9:20 - 10:05	HIIT	Kelly
9:30 - 10:15	Rhythm Cycle	Sarah
10:30 - 11:15	BarreConcept	Sarah
10:30 - 11:15	Aqua	Kelly
10:30 - 11:45	Pilates & Stretch	Kerry
12:00 - 13:00	Hatha Yoga	Bea
13:30 - 14:30	Seated Yoga	Bea
14:45 - 15:45	Tai Chi	Linda
17:15 - 18:00	Vinyasa Yoga	Vina
18:00 - 18:45	Freestyle Pump	Helena
18:15 - 19:00	Restorative Yoga	Vina
19:15 - 20:00	Pilates	Helena
FRIDAY 20TH		
7:00 - 7:45	Functional Fitness	Danny
9:30 - 10:15	Functional Fitness	Kelly
9:30 - 10:30	Joint Release Yoga	Vina
9:35 - 10:20	Legs, Bums & Tums	Emma
10:30 - 11:30	Rhythm Cycle & Abs	Kelly
10:45 - 11:30	Freestyle Pump	Helena
10:45 - 11:45	Resorative Pilates	Amanda
11:35 - 12:20	Postnatal Pilates	Helena
12:00 - 13:00	Stretch Yoga	Heena
12:30 - 13:15	Dance Fit	Kelly
13:15 - 14:15	Pilates (int/adv)	Heena
16:00 - 16:55	Reformer Pilates*	Kerry
17:15 - 18:15	Pilates & Stretch	Kerry
SATURDAY 21ST		
7:45 - 8:40	Reformer Pilates*	Kerry
8:00 - 8:45	Circuits	Joanna
9:00 - 9:55	Legs, Bums & Tums	Kerry
9:05 - 10:05	Pilates	Rebekah
9:30 - 10:15	Functional Fitness	Danny
9:30 - 10:15	Stages Cycle	Sarah
10:15 - 11:15	Pilates	Kerry
11:30 - 12:15	Stretch & Relax	Kerry
SUNDAY 22ND		
8:00 - 8:55	Reformer Pilates*	Emma
8:45 - 9:30	Functional Fitness	Shannon
9:15 - 10:00	Body Conditioning	Emma
9:30 - 10:45	Hatha Yoga	Vina
10:10 - 11:10	Stages Cycle	Neil
10:15 - 11:00	Dance Fit	Phoebe
10:55 - 11:55	Restorative Yoga	Vina
11:10 - 11:55	Weighted Workout	Phoebe
17:15 - 18:15	Gentle Hatha Yoga	Lizzie

MONDAY 23RD		
7:00 - 7:45	Circuits	Danny
9:15 - 10:15	Pilates & Stretch	Beth
9:30 - 10:15	Zumba	Jack
9:40 - 10:25	Functional Fitness	Kelly
10:30 - 11:15	Freestyle Pump	Helena
10:30 - 11:30	Slow Flow Yoga	Vina
10:35 - 11:20	Aqua	Kelly
11:45 - 12:45	Pilates	Beth
17:15 - 18:00	Pilates	Bea
18:15 - 19:00	Circuits	Charlotte
19:15 - 20:00	Functional Fitness	Charlotte
TUESDAY 24TH - CHRISTMAS EVE		
8:45 - 9:45	Pilates	Bea
9:30 - 10:15	HIIT	Kelly
9:30 - 10:30	Rhythm Cycle & Abs	Cameron
10:00 - 11:00	Pilates	Bea
10:30 - 11:15	Functional Fitness	Kelly
10:35 - 11:20	Total Body Workout	Cameron
11:30 - 12:15	BarreConcept	Kelly
WEDNESDAY 25TH - CHRISTMAS DAY		
No Classes		
THURSDAY 26TH - BOXING DAY		
10:30 - 11:15	Freestyle Pump	Helena
11:30 - 12:30	Stretch Yoga	Helena
FRIDAY 27TH		
8:30 - 9:15	Functional Fitness	Luke
9:30 - 10:15	Functional Fitness	Kelly
9:30 - 10:15	Stages Cycle	Luke
10:30 - 11:30	Rhythm Cycle & Abs	Kelly
10:45 - 11:45	Restorative Pilates	Amanda
12:30 - 13:15	Dance Fit	Kelly
16:00 - 16:55	Reformer Pilates*	Kerry
17:15 - 18:15	Pilates & Stretch	Kerry
SATURDAY 28TH		
7:45 - 8:40	Reformer Pilates*	Kerry
8:00 - 8:45	Circuits	Joanna
9:00 - 9:55	Legs, Bums & Tums	Kerry
9:05 - 10:05	Pilates	Rebekah
9:30 - 10:15	Functional Fitness	Danny
9:30 - 10:15	Stages Cycle	Luke
10:15 - 11:15	Pilates	Kerry
11:30 - 12:15	Stretch & Relax	Kerry
17:15 - 18:15	Hatha Yoga	Sarah
SUNDAY 29TH		
8:45 - 9:30	Functional Fitness	Shannon
9:30 - 10:15	Body Conditioning	Ellie
10:10 - 11:10	Stages Cycle	Neil
11:10 - 11:55	Weighted Workout	Ellie
17:15 - 18:15	Gentle Hatha Yoga	Lizzie

# CLASS TIMETABLE

## 19TH DECEMBER - 2ND JANUARY

MONDAY 30TH		
9:30 - 10:15	Zumba	Jack
9:40 - 10:25	Functional Fitness	Kelly
10:35 - 11:20	Aqua	Kelly
13:15 - 14:15	Tai Chi	Linda
14:30 - 15:30	Pilates	Petra
18:15 - 19:00	Stretch Yoga	Emma
18:15 - 19:00	Boxercise	Kelly
19:05 - 20:05	Jazz Dance	Kelly
19:15 - 20:15	Restorative Yoga	Emma
TUESDAY 31ST - NEW YEAR'S EVE		
8:45 - 9:45	Pilates	Rebekah
9:30 - 10:15	HIIT	Kelly
9:30 - 10:30	Rhythm Cycle & Abs	Cameron
10:15 - 11:15	Stretch Yoga	Rebekah
10:30 - 11:15	Functional Fitness	Kelly
10:35 - 11:20	Total Body Workout	Cameron
11:30 - 12:15	BarreConcept	Kelly
WEDNESDAY 1ST - NEW YEAR'S DAY		
9:15 - 10:00	Legs, Bums & Tums	Rebekah
10:15 - 11:15	Pilates	Rebekah
11:30 - 12:15	BarreConcept	Rebekah
THURSDAY 2ND		
7:00 - 7:45	Circuits	Joanna
8:00 - 8:55	Reformer Pilates*	Kerry
8:30 - 9:15	Functional Fitness	Joanna
9:15 - 10:15	Fitness Pilates	Kerry
9:20 - 10:05	HIIT	Kelly
10:30 - 11:15	Aqua	Kelly
10:30 - 11:45	Pilates & Stretch	Kerry
12:00 - 13:00	Hatha Yoga	Bea
13:30 - 14:30	Seated Yoga	Bea
14:45 - 15:45	Tai Chi	Linda
17:15 - 18:00	Vinyasa Yoga	Vina
18:00 - 18:45	Freestyle Pump	Helena
18:15 - 19:00	Restorative Yoga	Vina
18:30 - 19:15	Functional Fitness	Charlotte
19:15 - 20:00	Pilates	Helena

Stretch Yoga - Traditional yoga poses combined with easy-to-follow stretches that encourage a greater range of motion, release tension and improve flexibility.

Tai Chi - A method of gentle exercise, this mind, body and spirit workout improves posture and breathing, and aids better balance.

Total Body Workout - A combined cardio and resistance workout that is great for building strength and endurance. This class will work your whole body using dumbbells, barbells and steps.

Vinyasa Yoga - One posture flows into the next using the breath, in a way that allows the movements to feel connected and thoughtful. Vinyasa generates a heat that is not often found in other practices, incorporating a cardiovascular element.

Weighted Workout - This workout is great for those who love strength training in the studio. You will leave the studio feeling strong and accomplished.

Zumba - An effective and easy-to-follow Latin inspired calorie burning dance fitness party. Zumba tones the whole body, increases your heart rate and makes you smile!

Aqua - Get fit whilst toning and shaping your body using the resistance of water. Our skilled instructors and energising music will provide you with a great workout, whilst having fun and burning calories.

Barbell Circuits - Challenge yourself with this resistance focused circuits class, with movement to target your whole body and build strength and improve tone, using barbells and dumbbells.

BarreConcept - This unique workout combines the elements of Pilates, yoga, resistance training and ballet into a highly effective regime performed on the mat and at a ballet barre. The effect is a long, lean dancer's body without being a dancer.

Body Conditioning - A high energy cardio and resistance workout that is great for fat burning. A combination of aerobics, weights and floor work will work your whole body to high energy music!

Boxercise - A high-intensity exercise class that combines resistance training with aerobic exercise. It combines boxing and exercise with great fun, and is a stress busting activity to suit everyone who wants to enjoy boxing training... without getting hit.

Circuits - Work your way through cardio, strength and endurance exercises, using a range of equipment and for different work to rest ratios. Perfect for improving cardiovascular fitness and building strength all in one.

Classical Yoga - Classical Yoga is a system of spiritual knowledge. It is based on the traditional system of eight limbs, and is universal and can be practiced by all.

Fitness Pilates - A higher cardio Pilates class incorporating weights, to raise your heart rate and improve fitness while strengthening and toning.

Flow Hatha Yoga - This yoga moves at a slightly faster pace and poses are linked to each other in a flowing, almost dancing manner.

Freestyle Pump - This toning and conditioning workout class is great for those who want to add strength training to their workout, using the music to guide your repetitions. You will leave the studio feeling strong and accomplished, with high repetitions working from head to toe!

Functional Fitness - Our bespoke workout in The Box. 45 minutes working around four stations featuring all the good stuff - battle ropes, slam balls, boxing, plyometric boxes and kettlebells. The perfect class if you want to build fitness, burn calories, and sweat.

Gentle Hatha Yoga & Stretch - A gentle class which allows you to find space and enjoy poses, incorporating restorative poses and stretches.

Hatha Yoga - Connect your mind and body through breathing and delve into the asana practice of yoga that will guarantee you feeling energised and stretched. This class is suitable for all levels and offers variations.

HIIT - This offers the ultimate workout to kick-start your training, using a mixture of equipment and bodyweight to put you through your paces.

Jazz Dance - Suitable for beginners to intermediate level dancers, you'll learn steps to build a routine in this social dance class full of fun. Please book online under Fitness 48 hours in advance.

Legs, Bums & Tums - An easy-to-follow toning and strengthening class that focuses on toning your core, legs and glutes.

Pilates - These classes are excellent for improving posture, core strength and aligning the body correctly. Pilates also teaches coordination, concentration and control of the body.

Postnatal Pilates - One of the best forms of self-care mums can do, promoting total-body alignment, better posture and enhanced awareness of your "new" post-baby body, which work hand in hand to prevent issues like lower-back pain and shoulder and neck tension. Babies welcome!

Reformer Pilates - For those looking to home in on precise core movements and benefit from resistance and feedback from our Reformer machines, this is an opportunity to take your pilates training to the next level. \*Additional Charge

Restorative Pilates - The movement sequence of Restorative Pilates re-trains the fundamental movement patterns we need in our body to properly connect the diaphragm, pelvic floor, and core and ultimately help you to restore a healthier, more functional, efficient body.

Restorative Yoga - A gentle, slow, and still style of yoga that involves long, passive holds through a series of 4-6 restful poses. Props are used to enhance or deepen their experience and achieve a state of total relaxation and release.

Rhythm Cycle - Get your heart rate up and burn serious calories on our Stages bikes, in this class which is all about working hard to the music!

Seated Yoga - Yoga using a chair, for those who want to improve their flexibility, tone and breath, whilst reducing stress. In this class you will do modified twists, bends, and stretches.

Slow Flow Yoga - A gentle class to allow you to find space and enjoy poses, whilst maintaining the rhythm of a flow class.

Stages Cycle - Great music, world-class bikes and our bespoke studio - this is the place to be for a challenging opportunity to get your heart pumping and burn serious calories. Non-impact and designed for all fitness levels, working on building cardiovascular and muscular endurance.

Stretch & Relax - Dedicate some much needed time to stretch, improve range and flexibility, reduce muscle and joint pain, and relax.