

APRIL CLASS TIMETABLE

= suitable for all levels

= suitable for those with moderate level of fitness

= suitable for experienced class attendees(advanced)

PLEASE NOTE: these levels are a guideline for apparently healthy individuals. If you have a known medical condition, please consult a health professional before commencing any class

**Monday**

12.15-1.00	Pilates
1.00-2.00	Bodypump
5.15-6.00	Yoga beginners
6.15-7.15	Body Combat
7.15-8.15	Body Balance
7.30-8.15	Spin
8.15-9.15	Bodypump

**Tuesday**

12.15-1.00	Legs, bums and tums
1.00-1.45	Spin
5.30-6.30	Body Combat
6.30-7.30	Pilates
5.45-6.30	Spin light
6.35-7.35	Spin RAGE!
7.30-8.30	Power 'n' pulse

**Wednesday**

1.00-1.45	Pilates
5.15-5.30	Bodypump technique
5.30-6.30	Bodypump
6.30-7.30	Step
6.30-7.15	Spin
7.30-8.30	Body Balance

**Thursday**

7.15-8.00AM	Early Spin
1.00-1.45	Core Stability
5.45-6.30	Spin
6.30-7.30	Bodypump
7.30-8.15	Legs, bums and tums

**Friday**

12.00-1.00	Bodypump
1.00-1.45	Spin
5.30-6.15	Legs, bums and tums
6.15-7.00	Step

**Saturday**

10.00-11.00AM	Bodypump
11.00-11.45AM	Spin
12.00-12.45	Core Stability
<b>Sunday</b>	
11.15-12.15AM	Yoga
12.45-1.45	Pilates
4.00-5.00	Power 'n' Pulse

**CLASS DESCRIPTIONS**

- BODYCOMBAT™** is a non-combat, martial arts-based fitness program. It moves drawn from Karate, Tae Kwan Do, Kung Fu, kickboxing and many Thai and Tai Chi.
- BODYBALANCE™** is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm
- BODYPUMP™** is the original barbell class that strengthens your entire body.

- YOGA**  
A class that uses breathing and postures to increase strength and flexibility
- CORE STABILITY**  
A conditioning class that focuses on abdominal and back muscles.
- POWER 'N' PULSE**  
A mixture of toning weights and circuit/cardio training.
- PILATES**  
A class focussing on core stability, flexibility and posture.
- SPIN (SPIN CYCLING)**  
Cycling to music, one of the best calorie burners.
- STEP**  
A high impact aerobics class to increase stamina and coordination
- LEGS, BUMS AND TUMS**  
Target those problem areas in one workout!
- SPIN RAGE**  
Fire up all cylinders and get ready for an hour of intense cycling to thunderous orchestral, opera and pounding drums! Truly unique!

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### Class Etiquette

1. Please arrive for the class on time. If the warm up has finished you will not be allowed to join the class
2. Appropriate clothing should be worn in the classes. Trainers should be worn at all times unless you are participating in a yoga or Pilates class
3. Please bring water to the class, you should try to keep optimally hydrated during the class. Water can be purchased from reception.
4. If you have not tried a Bodypump class before then we advise you to attend a Technique class first, if you are unable to attend the Technique class then please inform the class instructor. This is for health and safety reasons.
5. Please put your name down in the class booking for folder
  - a) This gives us an idea of class numbers.
  - b) We need a record for Health and Safety.
  - c) This way you will know of any class alterations, and instructor changes.
  - d) Most importantly it reserves your place in the class.

#### Please note:

Although every effort is made to ensure all classes run to timetable, due to circumstances out of our control, occasionally classes may be substituted and, at a very last resort, cancelled. Please check the class booking folder to ensure your chosen class is running.

**Enjoy your workout!**



**THE FIRST STEP TO A HEALTHIER LIFESTYLE**

### CLASS TIMETABLE

#### Opening times:

Monday to Friday 6.30am - 10pm

Saturday & Sunday 9am - 7pm

Bank Holiday 10am - 6pm

To book for a class call 01865 251 261

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