

Monday

Time	Class	Description	Instructor
17:45 - 18:15	Cycle 30	Indoor cycling class to help improve fitness levels, burn calories and help condition lower body	Carly
18:30 - 19:15	REPPED	A workout with high reps and low weights designed to push you hard to help sculpt and shape your body	Fitness Team

Tuesday

Time	Class	Description	Instructor
17:50 - 18:20	TRX & Abs	A 30 minute class designed to increase strength, flexibility, balance using the suspension training system	Fitness Team
18:30 - 19:15	Circuits	A functional fitness circuit using a variety of equipment that will burn calories for hours afterwards. The circuit will change each week!	Fitness Team

Wednesday

Time	Class	Description	Instructor
18:00 - 18:30	HIIT & Core	A high intensity class with a good measure of ab and core work	Rhys
18:40 - 19:25	Box Fit	Box your way to fitness with our class focusing predominately on padwork and boxing drills.	Rhys

Thursday

Time	Class	Description	Instructor
18:00 - 18:30	Kettlebell Express	A quick fire 30 min workout using the kettlebells to burn fat, strengthen your body and improve fitness!	Connor / Carly
18:40 - 19:25	Killer Glutes	A session designed to maximise glute strength and work the lower body	Carly

Saturday

Time	Class	Description	Instructor
09:30 - 10:15	Circuits	A functional fitness circuit using a variety of equipment that will burn calories for hours afterwards. The circuit will change each week!	Fitness Team

- Classes can be booked up to 7 days in advance over phone or via our website. Please cancel your place if you cannot attend
- All classes included in membership, or pay per class.
- Classes will be monitored for attendance on a regular basis
- Colour coding indicates location of class:
- Oriel - **Studio 1** - **Studio 2** - **Gymnasium**
- Ifield - **Teaching area opposite reception**

Monday

Time	Class	Description	Instructor
07:00 - 07:30	HIIT & Core	A high intensity class with bodyweight exercises and core work, no equipment needed. Start your week the right way!	Fitness Team
09:30 - 10:00	Circuits	A functional fitness circuit using a variety of equipment that will burn calories for hours afterwards. The circuit will change each week!	Fitness Team
10:15 - 11:15	Pilates	A class designed to improve core strength , flexibility and help with posture.	Rebecca
17:45 - 18:30	REPPED'	A workout with high reps and low weights designed to push you hard to help sculpt and shape your body	Fitness Team
18:40- 19:40	Vinyasa Yoga Flow	This class links postures with quicker sequencing to emphasise the power of breathing while increasing muscular strength, flexibility and endurance	Emma
18:40- 19:25	Box Fit	Box your way to fitness with our class focusing predominately on padwork and boxing drills.	Fitness Team

Tuesday

Time	Class	Description	Instructor
06:45 - 07:30	Total Body Workout	A whole body session to boost strength, muscular endurance, cardiovascular fitness and flexibility using weights	Rhys / Jess
09:15 - 10:00	Body Conditioning	This class uses a range of exercise techniques including weights, resistance training and floor work to hit all areas of the body	Carly
17:35- 18:20	Cycle 45	A 45 min group cycling session with a different theme of music every week	Mark
18:30- 19:00	METCON	A strength and cardio conditioning class helping to increase your overall fitness levels	Fitness Team
19:05 -19:35	Killer Glutes	A session designed to maximise glute strength and work the lower body	Carly/Jess
19:10 - 20:05	Vinyasa Yoga Flow	This class links postures with quicker sequencing to emphasise the power of breathing while increasing muscular strength, flexibility and endurance	David

Wednesday

Time	Class	Description	Instructor
06:45- 07:30	Kettlebells	A 45 min workout using the kettlebells to burn fat, strengthen your body and improve fitness!	Connor/Mark
09:15-10:15	LBT	A mixture of aerobic and toning exercises to target those common problem areas	Rebecca
10:20 -11:05	Pilates	A class designed to improve core strength , flexibility and help with posture.	Rebecca
17:45 - 18:30	Circuits	A functional fitness circuit using a variety of equipment that will burn calories for hours afterwards. The circuit will change each week!	Victor
18:35 - 19:20	Cycle & Core	A 30 minute ride on the bike followed by a tough 15 minute core sequence. Suitable for all levels	Jess / Carly
19:30 - 20:15	Yoga	A holistic approach to mind, body and spirit which can lead to improved flexibility, posture and body strength.	Smita

Thursday

Time	Class	Description	Instructor
06:45 - 07:30	Cycle 45	An early morning version of our popular indoor cycling class, get on your bike and spin your way to fitness!	Fitness Team
09:15 - 10:00	Killer Glutes	A session designed to maximise glute strength and work the lower body	Carly
17:45 - 18:30	AMRAP	As Many Rounds As Possible! A workout using bodyweight, kettlebell and barbell resistance exercises to achieve results quickly.	Fitness Team
18:40 - 19:10	Power Step	A 30 min HIIT workout using the steps to make you sweat	Fitness Team
18:40 - 19:40	Pilates	A class designed to improve core strength , flexibility and help with posture.	Nicky

Friday

Time	Class	Description	Instructor
07:00 - 07:30	Circuits	A functional fitness circuit using a variety of equipment that will burn calories for hours afterwards. The circuit will change each week!	Fitness Team
07:45 - 08:30	Rise & Shine Yoga	An energetic and uplifting start to the day. Combining flowing movements with strength and breathing techniques to cultivate a healthy mind and body, greater flexibility and core strength	Emma
09:10 - 09:40	Cycle 30	A 30 min version of indoor cycling, take on the challenge of this high-energy class!	Fitness Team
09:50 - 10:50	Aero Circuits	A cardio exercise class using different equipment to target the whole body. Burn fat and tone up in this fun class for all abilities	Rebecca
10:55 - 11:55	Pilates	A class designed to improve core strength , flexibility and help with posture.	Rebecca
17:45 - 18:30	TRX & Abs	A 45 min session designed to focus on core stability, balance, strength, flexibility and to hit the abs!	Fitness Team

Saturday

Time	Class	Description	Instructor
09:10- 09:55	REPPED'	A workout with high reps and low weights designed to push you hard to help sculpt and shape your body	Fitness Team
10:05- 10:35	Box Fit	Box your way to fitness with our class focusing predominately on pad work and boxing drills.	Fitness Team

Sunday

Time	Class	Description	Instructor
09:10 - 09:55	Cycle 45	Indoor cycling class to help improve fitness levels and burn calories	Jess / Carly
10:10 - 11:10	Yoga	A holistic approach to mind, body and spirit which can lead to improved flexibility, posture and body strength.	Smita