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Monday

Time	Class	Description	Instructor
17:45 - 18:15	Cycle 30	Indoor cycling class to help improve fitness levels, burn calories and to help condition the 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.	Carly

Tuesday

Time	Class	Description	Instructor
17:50 - 18:20	METCON	A strength and cardio conditioning class to increase your overall fitness levels	Fitness Team
18:30 - 19:15	Circuits	A functional fitness circuit using a variety of equipment that will burn calories for hours afterwards. Different exercises each week!	Fitness Team

Wednesday

Time	Class	Description	Instructor
18:00 - 18:45	Cycle & Core	A 30 minute ride on the bike followed by a tough 15 min core section.	Rob/Carly
18:55 - 19:25	Death Row	Take on the challenge of our high intensity class with the rowing machine as the star attraction!	Rob/Carly

Thursday

Time	Class	Description	Instructor
18:00 - 18:30	Kettlebell Express	A quickfire 30 min workout using the kettlebells to burn fat, strengthen the 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
9:30-10:15	Circuits	A functional fitness circuit using a variety of equipment that will burn calories for hours afterwards. Different exercises each week!	Fitness Team

- Classes can be booked up to 7 days in advance over phone or via our website
- All classes included in membership, or pay per class.

Monday

Time	Class	Description	Instructor
07:00 - 07:30	HIIT & Core	A high intensity class with bodyweight exercises and core work, no equipment required! Start your week the right way!	Fitness Team
09:15 - 10:00	Circuits	A functional fitness circuit using a variety of equipment that will burn calories for hours afterwards. Different exercises each week!	Fitness Team
10:15 - 11:15	Pilates	A class designed to improve core strength, flexibility and posture	Becky
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	Smita/Emma
18:40 - 19:25	Box Fit	Box your way to fitness with our class focusing 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, cardio fitness and flexibility using weights	Fitness Team
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
17:30 - 18:15	Cycle 45	A 45 min group cycling session with a different theme each week	Mark
18:25 - 19:05	Killer Glutes	A session designed to maximise glute strength and work the lower body	Carly
18:30 - 19:00	HIIT	A high intensity class using bodyweight exercises only, no equipment required!	Fitness Team
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	Fitness Team
09:15 - 10:15	LBT	A mixture of aerobic and toning exercises to target those common problem areas	Becky
10:20 - 11:05	Pilates	A class designed to improve core strength, flexibility and posture	Becky
17:45 - 18:30	Circuits	A functional fitness circuit using a variety of equipment that will burn calories for hours afterwards. Different exercises each week!	Victor
18:35 - 19:20	Cycle & Core	A 30 minute ride on the bike followed by a tough 15 min core section.	Jess
19:30 - 20:15	Yoga Flow	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
17:35 - 18:05	Power Step	A 30 min HIIT workout using the steps to make you sweat	Fitness Team
18:15 - 19:00	WOD	Workout of the Day. Bootcamp? AMRAP? EMOM? Shuttle Runs? Instructors choice of workout, simply turn up and WORK	Fitness Team
18:20- 19:20	Pilates	A class designed to improve core strength, flexibility and posture	Nicky

Friday

Time	Class	Description	Instructor
06:45 - 07:30	Circuits	A functional fitness circuit using a variety of equipment that will burn calories for hours afterwards. Different exercises 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	Frances
09:10 - 09:40	Cycle 30	A 30 min version of indoor cycling, take on the challenge of this high-energy class!	Becky
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	Becky
10:55 - 11:55	Pilates	A class designed to improve core strength, flexibility and posture	Becky
17:45 - 18:30	TRX and Abs	A 45 min session designed to focus on core stability, balance, strength, flexibility and to hit the abs!	Fitness Team

Saturday

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
10:10- 10:40	Box Fit	Box your way to fitness with our class focusing predominately on pad work and boxing drills	Fitness Team

Sunday

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