

GROUP FITNESS CLASS TIMETABLE

MONDAY

EARLY BIRD SPIN	07.00 - 07.30	SPIN	GYM
GROOVE FX	09.30 - 10.30	1	KAREN
BEGINNERS SPIN	10.15 - 11.00	SPIN	GYM
20, 20, 20	10.45 - 11.45	1	KAREN
AB ATTACK	11.15 - 11.45	2	GYM
PILATES	12.00 - 13.00	1	PETRA
BODY COMBAT	18.00 - 19.00	1	MIM
SUPERSPIN	18.15 - 19.15	SPIN	TINA
BODY PUMP	19.00 - 20.00	2	MIM
COMBAT FIGHT CLUB	19.15 - 20.15	1	JAMES TILLEY
TAI CHI	20.15 - 21.15	2	ALAN

TUESDAY

BODY PUMP	09.30 - 10.30	2	ED
BODY COMBAT	10.45 - 11.45	2	SAM
MIND & BODY	12.30 - 13.30	1	ED
JUNIOR GYM	16.00 - 17.00	2	GYM
YOGA	18.00 - 19.30	1	SALLY
SUPERSPIN	18.15 - 19.15	SPIN	TOBY
AQUA*	18.00 - 18.45	POOL	JULIE A
BODY PUMP	18.15 - 19.15	2	JAMES N
BODY COMBAT	19.30 - 20.30	1	TOBY
BEGINNERS SPIN	19.45 - 20.15	SPIN	GYM
BEGINNERS PILATES	19.30 - 20.30	2	JAMES N
PILATES	20.30 - 21.30	2	JAMES N

WEDNESDAY

YOGA	09.30 - 11.00	1	SALLY
ORIENTAL BELLY DANCE	10.30 - 11.30	2	SABINE
SPIN	10.15 - 11.00	SPIN	GYM
AB ATTACK	11.15 - 11.45	1	GYM
SHAPE & TONE	18.15 - 19.15	1	CHARLOTTE
SUPERSPIN	18.15 - 19.15	SPIN	TINA
BOXERCISE	18.15 - 19.15	2	GYM

THURSDAY

BODY PUMP	09.30 - 10.30	2	HEATHER
AQUA*	10.45 - 11.30	POOL	KATY
BEGINNERS PILATES	13.30 - 14.30	1	PETRA
BODY PUMP	18.15 - 19.15	2	JULIE A
SUPERSPIN	18.15 - 19.15	SPIN	MIM
STOMP FX	18.15 - 19.15	1	SARAH J
SWIM FIT**	18.45 - 19.45	POOL	CHRIS
PILATES	19.30 - 20.30	2	SANDY
BEGINNER SPIN	19.45 - 20.15	SPIN	LINDSAY
SUPER CIRCUITS	20.00 - 21.00	1	JAMES TILLEY

FRIDAY

EARLY BIRD SPIN	07.00 - 07.30	SPIN	GYM
LBT	09.30-10.30		
YOGA	09.30 - 11.00	1	SALLY
DANCE FIT	10.45 - 11.45		
SUPERSPIN	18.15 - 19.15	SPIN	TOBY

SATURDAY

SATURDAY SUPERSPIN	09.15 - 10.15	SPIN	JULIE H
BODY PUMP	09.30 - 10.30	2	JAMES N
PILATES	10.45 - 11.45	2	CHARLOTTE

SUNDAY

JUNIOR GYM	12.00 - 13.00	2	GYM
SUNDAY SPIN	18.00 - 18.45	SPIN	CHARLOTTE

CLUB OPENING TIMES

MON - FRI	14.00 - 18.30
SAT & SUN	09.00 - 14.00

*Normal Swimming not permitted during these times.

**Normal Swimming restricted during these times.

GROUP FITNESS CLASS DESCRIPTIONS

AB ATTACK

A short and extremely focused class... It targets one thing, your midriff!

AEROBICS

The name says it all, an ultimate all time studio class!

AQUA

Surrounded with the resistance of water for a total body workout, this class will train your core, increase your fitness while keeping your cool!

BODY COMBAT

An exhilarating and inspirational workout developed from a range of all self-defence disciplines. Karate, kickboxing, tai chi and tae kwondo combine into an adrenaline –changed routine!

BODY PUMP

A non-impact, resistance-training programme. Motivating music to simple, choreographed moves make this the 'powerhouse' of all workouts for big results, fast!

BOXERCISE

A circuit based class with a difference. Heard of the phrase 'fighting fit'? Come and find out what it means!

CARDIO KICK

A high intensity mixture of kickboxing and aerobics aimed to kick your body into shape.

CIRCUITS

A popular class in the fitness world, improving overall fitness whilst improving all over muscle tone, suitable for anyone.

DANCE FIT

A dance class with a difference. With a combination of dance and body conditioning exercise this class will improve your fitness whilst having great fun!

GROVE FX

A seriously stylish selection of street salsa, Latin, disco and hip-hop workouts set to a diverse mix of sound, Great choreography and music.

KIDZ CIRCUITS

A class specifically for young teens looking to improve their overall fitness.

LBT

A conditioning class especially designed to target those problem areas, using a variety of moves and simple equipment in a fun routine.

MIND & BODY

This class will leave you feeling relaxed and invigorated using a combination of Pilates, Yoga & Tai Chi.

ORIENTAL DANCE

Enjoy dancing? Then this is the class for you, Go on, break from your normal routine and have a go.

PILATES

Increase body awareness, improve posture, strengthened and toned body, suitable for all ages and abilities.

SHAPE & TONE

A classic cardio and conditioning class rolled into one. Raise your heart rate and tone up your body in one fun packed session.

SPIN

Indoor cycling set to pump tunes, Seriously addictive and a fantastic calorie burner – a great cardio workout. Beginners Spin try the taster before starting. Super Spin available for the more experienced spinner!

TAI CHI

An ancient martial art from China, considered to be a form of 'meditation in movement' This class will generate increase energy, greater joint mobility, strength and focus. Suitable for all abilities.

YOGA

The perfect antidote to modern living, lyenga Yoga is suitable for everyone, whatever their age, fitness, level, shape or size.