

# Fitness Classes

## Revised Temporary Timetable



Valid from Sat 21<sup>st</sup> March 2020

Watch our website and social media channels for further changes

	Time	Duration	Class		Level
Mon	9:30	1 Hour	Align	<i>Low impact, strength and stability exercises to address weak links</i>	ALL
	17:30	45 Min	Raise the Bar	<i>A freestyle barbell class that will strengthen, tone &amp; condition</i>	ALL
	18:15	45 Min	Core, Flex & Stretch	<i>Bend, stretch and strengthen with resistance bands</i>	ALL
Tue	9:30	1 Hour	BodyBlast	<i>A blend of cardio and weights to tone up and increase fitness levels</i>	ALL
	17:00	30 Min	Tabata	<i>20 secs on/10 secs off - fat burning, heart pumping, blood flowing intervals</i>	ALL
	17:30	30 Min	Fight Club	<i>High intensity, high energy combat class, combining different styles</i>	ALL
	18:00	30 Min	AbsBlast	<i>Work that core!</i>	ALL
Wed	9:30	1 Hour	Pilates	<i>A focused form exercise that creates stability, strength &amp; flexibility</i>	ALL
	17:30	45 Min	Ballates	<i>Weighted mini core balls with Pilates inspired moves</i>	ALL
	18:30	45 Min	Circuits	<i>Circuit-style exercises</i>	ALL
Thu	9:30	1 Hour	Tabata	<i>20 secs on/10 secs off - fat burning, heart pumping, blood flowing intervals</i>	ALL
	17:30	45 Min	BodyBlast	<i>A blend of cardio and weights to tone up and increase fitness levels</i>	ALL
	18:15	30 Min	Tabata	<i>20 secs on/10 secs off - fat burning, heart pumping, blood flowing intervals</i>	ALL
Fri	9:30	1 Hour	BodyBlast	<i>A blend of cardio and weights to tone up and increase fitness levels</i>	ALL
Sat	9:30	45 Min	Pump Circuit	<i>Weight based circuit-style exercises using barbells, plates and dumbbells</i>	ALL
Sun	11:00	1 Hour	BodyBlast	<i>A blend of cardio and weights to tone up and increase fitness levels</i>	ALL