

GROUP EXERCISE **TIMETABLE** Valid from 2nd May 2017

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | |
|---|--|---|--|---|--|---|---|--|
| Morning | 07:10-07.40 Cycle Studio Body Attack Express Krissy | 07:10-07.40 Studio 1 GRIT Plyo Marci | 07:15-08.00 Cycle Studio RPM Maria | 07:15-08.00 Studio 1 Body Pump Sebastien | 07:30-08.00 Cycle Studio Sprint Marina | 10:00-10.45 Studio 1 Body Pump Dani | 10:30-11.30 M&B Beg Dynamic Yoga Caire/Jade | |
| | 07:15-08.00 Cycle Studio RPM Naz | 07:15-08.00 Cycle Studio RPM Krissy | 07:45-08.15 Studio 1 GRIT Strength Media | 07:30-08.00 Cycle Studio Sprint Carly | 08:00-08.15 Gym Floor Abs Blast Gym Team | 10:45-11.00 Gym Floor Abs Blast Gym Team | 10:45-11.15 Gym Floor TRX & Kettlebells Gym Team | |
| | 07:45-08.15 Studio 1 Body Pump Express Krissy | 07:45-08.30 Studio 1 Body Pump Carly | 08:00-08.15 Gym Floor Abs Blast Gym Team | 08:00-08.15 Gym Floor Abs Blast Gym Team | 08:05-08.35 Studio 1 GRIT Strength Nyd | 10:50-11.50 Studio 1 Body Attack Dani | 11:30-12.30 M&B Inter Dynamic Yoga Caire/Jade | |
| | 08:00-08.15 Gym Floor Abs Blast Gym Team | 08:00-08.15 Gym Floor Abs Blast Gym Team | 08:05-08.35 M&B CX Works Maria | 12:00-12.30 Studio 1 GRIT Strength Tyrone | 12:05-13.05 M&B Dynamic Flow Yoga Candy | | | |
| Afternoon | 12:00-12.45 Studio 1 Body Attack Natalie | 12:00-12.45 Studio 1 Body Pump Sebastien | 12:00-12.45 Studio 1 Body Attack Zara | 12:15-13.00 M&B Dance Fitness AJ | 12:15-13.00 Studio 1 Circuits Mikey | | | |
| | 12:15-13.15 M&B Dynamic Flow Yoga Julie | 12:15-13.00 M&B Body Balance Sharon | 12:00-13.00 M&B Yoga Tanya | 12:15-13.00 Cycle Studio RPM Marina | 12:30-13.15 Cycle Studio RPM Carly | | | |
| | 12:20-12.50 Cycle Studio Sprint Carly | 12:50-13.20 Studio 1 HIIT Alex | 12:30-13.15 Cycle Studio Group Cycle Uliana | 12:30-13.15 Studio 1 HIIT Tyrone | 12:45-13.15 Gym Floor Functional Fitness Gym Team | | | |
| | 12:55-13.40 Studio 1 Body Pump Luciana | 12:50-13.35 Cycle Studio RPM Sebastien | 12:50-13.20 Studio 1 GRIT Cardio Tyrone | 13:00-13.45 M&B Pilates Marisa | 13:20-14.05 Studio 1 Body Pump Carly | | | |
| | 13:00-13.15 Gym Floor ViPR Gym Team | 13:00-13.15 Gym Floor Kettlebells Gym Team | 13:00-13.15 Gym Floor Boxfit Gym Team | 13:15-14.00 Studio 1 Body Pump Marina | 13:15-13.30 Gym Floor Abs Blast Gym Team | | | |
| | 13:05-13.50 Cycle Studio RPM Carly | 13:15-13.30 Gym Floor Abs Blast Gym Team | 13:05-13.50 M&B Body Balance Zara | 13:15-13.30 Gym Floor Abs Blast Gym Team | 17:45-18.45 Studio 1 Body Pump Sebastien | | | |
| | 13:15-13.30 Gym Floor Abs Blast Gym Team | 13:15-14.00 M&B Pilates Judit | 13:15-13.30 Gym Floor Abs Blast Gym Team | 13:30-14.00 Gym Floor TRX & Kettlebells Gym Team | 18:00-18.15 Gym Floor Abs Blast Gym Team | | | |
| | 13:20-14.05 M&B Body Balance Sam | 13:20-13.50 Studio 1 GRIT Strength Alex | 13:30-14.00 Studio 1 CX Works Gil | 17:30-18.30 M&B Pilates Michael | 18:15-18.30 Gym Floor ViPR Gym Team | | | |
| | Evening | 17:40-18.10 M&B CX Works Lachin | 17:40-18.25 Studio 1 Body Pump Zee | 17:45-18.15 Studio 1 GRIT Cardio Hannah | 18:10-18.55 Studio 1 Body Attack Joscelin | | | |
| | | 17:45-18.30 Studio 1 Body Pump Sharon | 17:40-18.40 M&B Dynamic Flow Yoga Candy | 18:00-18.45 M&B Body Balance Sam | 18:15-18.30 Gym Floor Express Boxfit Gym Team | | | |
| | | 18:00-18.45 Cycle Studio RPM Rosie | 17:50-18.35 Cycle Studio RPM Jennie | 18:15-18.30 Gym Floor TRX Workshop Gym Team | 18:30-19.00 Gym Floor Functional Fitness Gym Team | | | |
| | | 18:15-18.30 Gym Floor Legs,Burns & Tums Gym Team | 18:30-19.15 Studio 1 Body Combat Zee | 18:15-19.00 Cycle Studio Group Cycle <i>New Instructor</i> | | | | |
| 18:15-19.15 M&B Pilates Michael | | 18:15-18.30 Gym Floor ViPR Gym Team | 18:20-19.05 Studio 1 Body Pump Hannah | | | | | |
| 18:35-19.20 Studio 1 Body Combat Sharon | | 18:30-19.00 Gym Floor Core Extreme Gym Team | 18:30-18.45 Gym Floor Abs Blast Gym Team | | | | | |
| 18:30-18.45 Gym Floor Abs Blast Gym Team | 18:45-19.45 M&B Zumba Annalisa | 19:05-19.35 Gym Floor Core Extreme Gym Team | | | | | | |

Please note we have colour coded our classes:

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|------------|
| Mind/Body |
| Mixed |
| Resistance |
| Cardio |

PLEASE NOTE THAT NO ENTRY WILL BE ALLOWED INTO CLASSES AFTER THE WARM UP IS COMPLETE.



CLASS DESCRIPTIONS

Mixed

HIIT

A circuit based high intensity short duration class.

Box Fit

A freestyle circuit class using boxing style moves.

Kettlebells

Kettlebells class will help kick all your fitness goals into gear. Functional, compound exercises which work the whole body while using a kettlebell weight.

GRIT Cardio

Designed to burn fat and rapidly improve athletic capability, this explosive, 30-minute team training session combines high impact body weight exercises and uses no equipment.

GRIT Strength

Using the Les Mills SMARTBAR™, weight plates and the bench, GRIT™ Strength is an intense 30-minute team training session that will blast all major muscle groups and take your training to the next level.

GRIT Plyo

An intense plyometric-based workout that gets results fast! Combining the principles of plyometrics and power agility training, these 30-minute team training sessions on a bench will build a powerful, agile and athletic body.

Circuits

A circuit's class using circuit based moves. Resistance training high intensity. It targets strength building and muscular endurance.

Functional Fitness

A full body, high intensity workout. This class will combine sprints on treadmill and resistance exercises, resulting in huge calorie expenditure, great for fat loss, fitness sculpting and toning.

ViPR

Increases body strength and improves balance and flexibility through a combination of strength and functional movement training. Workouts are made up of a range of ViPR weights and intensities making it accessible for all fitness levels.

Cardio

Group Cycle

Freestyle indoor cycling class will strengthen the heart and burn fat using specialised stationary bikes.

RPM

Indoor cycling workout where you ride to the rhythm to powerful music. It is an interval training class which increase your cardiovascular fitness, burns fat and tones and shapes your legs, hips and butt..

Dance Fitness

A hot sweaty dance class burn off those calories with all your favourite chart hits.

Zumba

Latin and international music fused to create a booty shaking workout. Dance your socks off in this fun energetic class.

Body Combat

A choreographed non- contact inspired by mixed martial arts

cardio workout with a wide array of disciplines such as karate, boxing, taekwondo and muay thai. It maximizes calorie burn during and after the workout. Tones and shapes all muscle groups.

Body Attack

A choreographed class with high intensity sports inspired cardio workout for building strength and stamina. The class combines athletic aerobic movements with strength and stabilization exercises. It improves your agility, strength, coordination and endurance.

Sprint

LES MILLS SPRINT™ is built on the science of high-intensity interval training (HIIT) on a bike. It's a quick and hard style of training that returns rapid results with minimal joint impact.

Mind & Body

Body Balance

A low intensity class inspired by Yoga, T'ai Chi and Pilates. The class combines controlled breathing, concentration, stretching and poses to music. Improves joint flexibility, reduces stress, improves your core strength and also burns calories.

Yoga

Yoga is formulated to achieve and maintain balance which is done through exercise, breathing and meditation. Yoga exercise improves circulation, stimulate the abdominal organs and strengthen the body.

Dynamic Flow Yoga

This is an energetic class, with dynamic sequences that link breath and movement, building internal heat that

opens the physical body for transformation, and stillness in the mind. These classes are for physically active individuals who want to explore the depths and edges of their physical body and greater consciousness.

Mindful Flow Yoga

A slower paced class that will focus on alignment and breath including restorative poses. Suitable for beginners as well as more advanced practitioners who wish to refine and perfect their practice.

Pilates

Pilates is an exercise system that focuses on stretching and strengthening the whole body to improve balance, muscle-strength, flexibility, posture and core stability.

Resistance

Core Extreme

An intense 30 minute abdominal blast that hits your abs from every angle, utilizing challenging abdominal exercises as well as hitting into your butt and lower back. This will shred and strengthen your abs and give you great core stability.

Abs Blast

A fast class which tones and strengthens your abdominals.

Body Pump

A choreographed, endurance weight training workout. It's a Non-impact resistance training class, using barbells and weights. This class will tone and strengthen your body fast. It's a high repetition effect with lower weights.

TRX Workshop

Learn how to use the new TRX suspension trainers which delivers a fast, effective total body workout.

CX Works

LES MILLS CX WORKS™ - This programme hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, as well as improving functional strength and assisting in injury prevention.

