

# GROUP EXERCISE **TIMETABLE** Valid from 12th June 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 Maria	10:00-10.45 Studio 1 Body Pump Dani	10:30-11.30 M&B Beg Dynamic Yoga Chloe/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 Maria	10:50-11.50 Studio 1 Body Attack Dani	11:30-12.30 M&B Inter Dynamic Yoga Chloe/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 Simon			
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 Matt	18:10-18.55 Studio 1 Body Attack New Instructor			
		17:45-18.30 Studio 1 Body Pump Sharon	17:40-18.40 M&B Dynamic Flow Yoga Chloe	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 Maria	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 Paulina				
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 Matt					
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:

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.

