

# GROUP EXERCISE **TIMETABLE** Valid from 1st November 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	07:10-07.40 Studio 1 BODYATTACK Express Krissy	07:10-07.40 Studio 1 GRIT Plyo Marci	07:15-07.45 Cycle Studio Les Mills Sprint Marina	07:15-08.00 Studio 1 BODYPUMP Sebastien	07:15-08.00 Cycle Studio RPM Maria	10:00-10.45 Studio 1 BODYPUMP Dani/Krissy	10:00-11.00 Studio 2 Slow Flow 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 Medea	07:30-08.00 Cycle Studio Les Mills Sprint Carly	08:00-08.20 Gym Floor Power Stretch Gym Team	10:50 – 11:10 Gym Floor Six Pack Workout Gym Team	10:15-10.35 Gym Floor LBT Gym Team
	07:45-08.15 Studio 1 BODYPUMP Express Krissy	07:45-08.30 Studio 1 BODYPUMP Carly	07:55-08.25 Studio 2 CXWORX Maria	08:00 – 08:20 Gym Floor Six Pack Workout Gym Team	08:05-08.35 Studio 1 GRIT Strength Maria	10:50-11.50 Studio 1 BODYATTACK Dani/Krissy	11:00-12.00 Studio 2 Dynamic Flow Yoga Chloe/Jade
	08:00 – 08:20 Gym Floor Six Pack Workout Gym Team	08:00-08.20 Gym Floor LBT Gym Team	08:00 – 08:20 Gym Floor Six Pack Workout Gym Team				
Afternoon	12:00-12.45 Studio 1 BODYATTACK Natalie	12:00-12.45 Studio 1 BODYPUMP Sebastien	12:00-12.45 Studio 1 BODYATTACK Laura	12:00-12.30 Studio 1 GRIT Strength Tyrone	12:05-13.05 Studio 2 Dynamic Flow Yoga Simon		
	12:15-13.15 Studio 2 Dynamic Flow Yoga Julie	12:15-13.00 Studio 2 BODYBALANCE Sharon	12:00-13.00 Studio 2 Yoga Tanya	12:15-13.00 Studio 2 SOSA FIT Bethany	12:15-13.00 Studio 1 Circuit Mikey		
	12:20-12.50 Cycle Studio Les Mills Sprint Carly	12:25-12.45 Gym Floor Battle & Slam Gym Team	12:30-13.15 Cycle Studio Group Cycle Uliana	12:15-13.00 Cycle Studio RPM Marina	12:15-13.00 Cycle Studio RPM Carly		
	12:25 – 12:45 Gym Floor LBT Gym Team	12:50 – 13:10 Gym Floor Six Pack Workout Gym Team	12:35 – 12:55 Gym Floor Sports Conditioning Gym Team	12:30-13.15 Studio 1 HIIT Tyrone	12:45-13.05 Gym Floor Battle & Slam Gym Team		
	12:50 – 13:10 Gym Floor Gliding Gym Team	12:50-13.20 Studio 1 HIIT Carlton	12:50-13.20 Studio 1 GRIT Cardio Tyrone	12:35-12.55 Gym Floor Military Bootcamp Gym Team	13:05-13.50 Studio 1 BODYPUMP Carly		
	12:55-13.40 Studio 1 BODYPUMP Liam	12:50-13.35 Cycle Studio RPM Sebastien	13:00-13.20 Gym Floor LBT Gym Team	13:00-13.45 Studio 2 Pilates Marisa	13:10 – 13:30 Gym Floor Six Pack Workout Gym Team		
	13:05-13.50 Cycle Studio RPM Carly	13:05-13.50 Studio 2 Pilates Arvin	13:05-13.50 Studio 2 BODYBALANCE Ross	13:15-14.00 Studio 1 BODYPUMP Marina	13:35-13.55 Gym Floor Power Stretch Gym Team		
	13:15 – 13:35 Gym Floor Six Pack Workout Gym Team	13:20-13.40 Gym Floor Power Stretch Gym	13:25-13.45 Gym Floor Power Stretch Gym Team	13:25 – 13:45 Gym Floor Six Pack Workout Gym Team			
	13:20-14.05 Studio 2 BODYBALANCE Natalie	13:25-13.55 Studio 1 GRIT Strength Maria	13:25-13.55 Studio 1 CXWORX Gil	17:30-18.30 Studio 2 Pilates Michael			
	Evening	17:40-18.10 Studio 2 CXWORX Maria	17:40-18.25 Studio 1 BODYPUMP Zee	17:45-18.15 Studio 1 GRIT Cardio Matt	17:35-18.05 Studio 1 GRIT Strength Nyd	17:45 – 18:05 Gym Floor Sports Conditioning Gym Team	
17:40-18.00 Gym Floor Military Bootcamp Gym Team		17:40-18.40 Studio 2 Slow Flow Yoga Chloe	18:00-18.45 Studio 2 BODYBALANCE Sam	18:10-18.55 Studio 1 BODYATTACK Donal	17:45-18.45 Studio 1 BODYPUMP Sebastien		
17:45-18.30 Studio 1 BODYPUMP Sharon		17:45-18.05 Gym Floor LBT Gym Team	18:20-18.40 Gym Floor Gliding Gym Team	18:35-18.55 Gym Floor Triathlon Gym Team	18:10 – 18:30 Gym Floor Six Pack Workout Gym Team		
18:10 – 18:30 Gym Floor Six Pack Workout Gym Team		18:10 – 18:30 Gym Floor Six Pack Workout Gym Team	18:20-19.05 Studio 1 BODYPUMP Matt	19:00-19.20 Gym Floor Power Stretch Gym Team	18:35-18.55 Gym Floor Power Stretch Gym Team		
18:15-19.00 Cycle Studio RPM Maria		18:15-19.00 Cycle Studio RPM Jennie	18:30-19.00 Cycle Studio Les Mills Sprint Carly				
18:15-19.15 Studio 2 Pilates Michael		18:30-19.15 Studio 1 BODYCOMBAT Zee	18:45 – 19:05 Gym Floor Six Pack Workout Gym Team				
18:35-19.20 Studio 1 BODYCOMBAT Sharon		18:45-19.30 Studio 2 SOSA Fitness Bethany	19:10-19.30 Gym Floor Power Stretch Gym Team				

Please note we have colour coded our classes:

Mind/Body
HIIT
Resistance
Cardio
Fast Class

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



# CLASS DESCRIPTIONS

## Cardio

### Group Cycle

Freestyle indoor cycling class that's safe and low impact, and you will have fun and burn calories!

### RPM

A pre-choreographed group indoor cycling workout where you control the intensity. It's a fun and low-impact ride that will increase the cardiovascular fitness and strengthen the lower body. You control your own resistance levels and speed so you can build up your fitness level over time.

### Dance Fitness

A sweaty, sassy cardio peak workout where you will have fun and find your inner dancer and performer. Burn some calories to Madonna, Beyoncé, musicals and all your favourite hits' led by music video choreographer, west end performer and TV presenter AJ.

### SOSA Fitness

The dance fitness class that puts fabulous into fitness! Work up a sweat and burn calories by combining Salsa, Latin and ballroom styles, no experience needed. Come and shimmy your way to fitness and dance yourself happy!

### BODY COMBAT™

A high-energy martial arts inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up loads of calories in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ.

### BODY ATTACK™

A high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. The instructor will challenge your limits in a good way, burning calories and leaving you with a sense of achievement.

## Mind & Body

### BODYBALANCE™

A yoga-based class that will improve your mind, your body and your life. With an inspired soundtrack, you will bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. You'll strengthen your entire body and leave the class feeling calm and centered.

### Pilates

Is a method based on controlled movements that emphasise alignment, breathing and core control. It improves flexibility, posture, builds up strength and develops coordination and balance.

### Yoga

More than just a class, yoga is a concept and a way of living. With sequences that link breath, movement and meditation, building internal heat that opens the physical body for transformation, and stillness in the mind. Yoga improves circulation,

strengthen the body and helps increasing flexibility and balance.

### Dynamic Flow Yoga

This is an energetic kind of yoga class, with dynamic transitions between poses. It's designed for all individuals who want to explore the depths and edges of their physical body and greater consciousness.

### Slow Flow Yoga

This class is designed to explore each yoga pose, moving slowly in between them. You will knowledge new limits in your body and acquire a great awareness of your breath, with a feeling of calm and achievement.

## Resistance

### Body Pump

A barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, it will give you a total body workout. With scientifically proven moves and techniques and great music, it will help you achieve much more than on your own!

### CXWORX™

A 30 minutes resistance training that works the muscles around the core, provides a stronger body and makes you better at all things you do. Using resistance bands and plates, all the moves have options, so it's challenging but achievable for your own level of fitness.

## Fast Class

### Battlebell & Slam Class

Battle rope, kettlebells and slam balls workout utilizing these three awesome fitness tools. Incorporate cardiovascular exercise with strength training in this class to improve overall fitness levels and work off some stress.

### Sports Conditioning

Agility and Plyometric training class. You will jump, duck, skip, hop and dive in this fun class which will help you improve your quick reaction skills and reach your goals in any sports discipline.

### Triathlon – Row, Cycle, Run

This fab new class covers the 3 disciplines of Triathlon, using the rowing machines, treadmill and stationary bike. From interval training to distance, you will master your skills and adapt your fitness, whether this is endurance or sprint.

### Gliding

A full body workout to shape and tone your muscles and improve your balance, using the gliders: a fun piece of equipment that makes every exercise much more challenging!

### Quick Stretch

A complimentary session to help you releasing the tension in the muscles and improving your flexibility. A great opportunity to work on improving your posture through dynamic and static stretching exercises, to make you look and feel good.

### Regents Military Workout

HIIT Circuit that will push your body to its limits. The reward is a stronger, leaner and fitter version of yourself!

### Six Pack Workout

Much more than just crunches and planks, but an ab's and lower back work out to tone and chisel those ab's to perfection.

### LBT

Lower body circuit workout, aimed to shape and tone legs, bums & tum's. A fast paced dynamic class, with a great burning sensation, to get those pins ready for the coming festive months!

### PT Hiit Class

Our expert PT's will take you to this 20 min high intensity class, with a variety of full body exercises. It's fun, challenging and will get you closer to your fitness goals fast!

### PT Workshop

Great fitness also requires some knowledge. Our PT's are ready to teach you how to improve your technique in complex compound exercises like squats, deadlifts and TRX exercises amongst others. You will experience and learn in depth the secrets behind these powerful moves so you can make the most out of them.

## Hiit

### HIIT

Using a variety of equipment and body weight exercises, this class will help you improve your general fitness and promote a great calorie burn. From Tabata style to 1 min max out, our PT's Tyrone and Carlton will challenge you to your full capability.

### Les Mills Sprint™

A 30-minute HIIT on a bike. It's a low impact training where the thrill and motivation comes from pushing the workout through your physical and mental limits. It's scientifically proven to return rapid results.

### GRIT Series™

LES MILLS GRIT™ is a 30 minute HIIT workout, designed to improve strength, power and cardio fitness. It takes cutting edge

HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

**GRIT Strength™** uses barbell and plate, and the intensity comes from the load. **GRIT Plyo™** uses steps and plates, and the challenge comes from explosive jumps. **GRIT Cardio™** is a non-equipment class that will take your speed to another level.

### Circuits

It's a fast paced, intense and fun class that uses elements of cardio, strength and boxing. Led by our PT Mikey, participants work together towards their fitness goals, with a great feeling of team work and competition!