

# Fitness Class Schedule

From 18<sup>th</sup> September 2023

	06:30 - 07:00	09:00 - 10:00	09:15 - 10:00	10:00 - 10:30	10:00 - 10:45	11:00 - 12:00	17:30 - 18:00	17:30 - 18:15	18:00 - 18:30	18:15 - 19:00	19:00 - 20:00
MON	BF Burn Alex (MS)	Body Pump Claire (MS)	Indoor Cycling Holly (SS)	BF Abs Gym Team (GF)	Vibe Step Tish (MS)	Zumba Stacey (MS)	BF HIIT Gym Team (GF)	Body Combat Jen (MS)	Body Pump Jen (MS)	BF Abs Gym Team (GF)	Vinyasa Yoga Marta (MBS)
TUES	06:30 - 07:15 RPM Jen (SS)	06:30 - 07:30 Vinyasa Yoga Holly (MBS)	09:00 - 09:45 BF Burn Stacey (MS)	10:00 - 10:30 BF Abs Gym Team (GF)	10:00 - 10:45 Indoor Cycling Holly (SS)	11:00 - 11:45 Pilates Kelly (MBS)	17:30 - 18:15 Body Pump Tish (MS)	17:30 - 18:30 Hot Yoga Lorna (MBS)	18:15 - 19:00 Body Attack Tish (MS)	19:00 - 20:00 Pilates Nikki (MBS)	19:00 - 19:45 Kickboxing Ben (MS)
WED	06:30 - 07:00 BF HIIT Gym Team (GF)	09:15 - 10:00 Indoor Cycling Gaynor (SS)	09:15 - 10:15 Body Combat Sophie (MS)	09:45 - 10:15 BF Booty Burn Gym Team (GF)	10:15 - 11:00 Freestyle Barre Emily (MS)	10:15 - 11:15 Rocket Yoga Ceri (MBS)	17:30 - 18:15 LBT Tish (MS)	18:15 - 19:00 Vibe Cycle Tish (SS)	18:15 - 19:00 Body Combat Jen (MS)	19:00 - 19:30 BF Pick N Mix Gym Team (GF)	19:00 - 20:00 Vinyasa Yoga Marta (MBS)
THURS	06:30 - 07:00 BF Pick N Mix Gym Team (GF)	06:30 - 07:15 RPM Jen (SS)	09:00 - 10:00 Pilates Nikki (MBS)	09:15 - 10:00 Vibe Dance Aerobics Tish (MS)	10:15 - 11:00 Box Fitness Alex (MS)	10:30 - 11:30 Ashtanga Yoga Sarah (MBS)	17:45 - 18:45 Indoor Cycling & Abs Luci (SS/MBS)	18:00-19:00 Body Pump Jen (MS)	19:00 - 20:00 Zumba Stacey (MS)	19:00 - 20:00 Vinyasa Yoga Anna (MBS)	
FRI	06:30 - 07:15 Bootcamp Holly (MS)	09:00 - 09:45 Indoor Cycling Claire (SS)	09:00 - 10:00 Body Combat Neale (MS)	09:45 - 10:15 BF Resist Gym Team (GF)	10:15 - 11:00 Circuits Alex (MS)	10:15 - 11:15 Pilates Dawn (MBS)	17:30 - 18:30 Hot Yoga Dawn (MBS)	18:00 - 19:00 Zumba Emily (MS)	19:00 - 19:45 Circl Emily (MBS)		
SAT	08:15 - 09:00 Indoor Cycling Holly (SS)	09:00 - 10:00 Body Pump Tish (MS)	09:00 - 10:00 Vinyasa Yoga Holly (MBS)	10:00 - 10:30 BF Burn Gym Team (GF)							
SUN	09:00 - 09:45 RPM Jen (SS)	09:45 - 10:45 Body Pump Sarah (MS)	10:00 - 10:30 BF HIIT Gym Team (GF)	10:00 - 10:45 Pilates Kelly (MBS)	16:00 - 17:00 Yin Yoga Deb (MBS)						



## Class Locations

MS = Main Studio

MBS = Mind & Body Studio

SS = Spin Studio

GF = Gym Floor



# Class Descriptions

## Vibe Cycle

Don't Just Ride...Feel the Vibe! Vibe Cycle is a great fun workout, everyone can ride a bike! Each participant is in total control of their own resistance level. It is a fantastic way of getting fit and burning plenty of calories.

## Vibe Step

This is basic, choreographed step class that uses fun and feel good moves with motivating music to ensure everyone has a great time! This class is suitable for brand new steppers as well as participants with previous step experience.

## Vibe Dance Aerobics

Basic aerobics moves with the Vibe twist – a fusion of different dance genres, focusing on simplicity, fun and fantastic music. This is a great feel-good aerobic workout!

## Boxfit

Boxfit is a cardiovascular class increasing your stamina in the heart and lungs. It is based on the training used for boxing so includes skipping, boxing drills including footwork and abdominal, focusing on fitness and toning. This class is suitable for all levels of fitness.

## Zumba

Zumba is a fitness program that involves cardio and Latin-inspired dance with a mix of low and high intensity, interval-style moves that come together for a dance fitness party. Enjoy music that you can sing too and learn the fabulous routines over the weeks and completely let go of any stress through fun exercise. This class will put a smile on your face and a bounce in your step.

## Freestyle Barre

Our Barre class is a freestyle workout technique inspired by elements of balletic movement. It engages muscles you wouldn't normally target, especially the ones deep inside your body that squats, lunges and sit-ups don't reach. With high-reps and low-impact movements, Freestyle barre challenges anyone looking to fine-tune their muscles. No ballet experience required.

## Bodypump

BODYPUMP, a total body workout that will burn calories, shape and tone your entire body, increase core strength and improve bone health. Great moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own!

## Body Combat

Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness, burning up hundreds of calories along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. Our instructors will be there to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ.

## Bodyattack

BODYATTACK™ is 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. Our instructors will pump out energizing tunes and lead you through the workout – challenging your limits in a good way, burning hundreds of calories and leaving you with a sense of achievement.

## RPM

With great music pumping and the group cycling as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. In an RPM workout you repeatedly rotate the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness.

## Circl

Based on the science of functional movement, CIRCL Mobility focuses on flexibility, breathing and mobility exercises.

## Vinyasa Yoga

Linking breath and movement to flow through postures to attain physical and mental balance

## Ashtanga Yoga

A class of fixed sequences allowing to develop postural alignment and breath control as you move through postures.

## Hot Yoga

A style performed in a heated room to allow muscles to relax more whilst detoxifying your body as you move through your postures.

## Budukon Vinyasa Yoga

Linking together breath and movement whilst taking elements of martial arts and primal movements to move with precision.

## Rocket Yoga

A set dynamic and quick flow taking elements from ashtanga yoga and vinyasa yoga to combine breath movement. A more advanced style of Yoga.

## Yin Yoga

A. relaxed passive style of yoga Incorporating long holds of certain postures to attain deep relaxation and inner awareness. Great for an afternoon/evening wind down and de-stress.

## Indoor Cycling/Indoor Cycling & Abs

Indoor Cycling is a low impact high intensity workout based in our indoor cycle studio. Each instructor will put you through an exhilarating workout with uphill climbs, speed intervals and recovery. The resistance is up to you!!

This class is filled with motivating tracks to get you to the top! Indoor Cycling & Abs – Once you complete your Indoor Cycling class, you will then go through a workout specifically for core strengthening and conditioning. This class is definitely hard core!

## BF Burn

BF Burn will leave you sizzling for more!!

This class combines strength, active 'burn' recovery and a HIIT based approach for maximum calorie burn. During this class participants will engage in various exercise disciplines, such as speed, high intensity resistance, endurance and dynamics all to motivational music.

Participants will leave feeling strong, energised and ready for their day!

## Circuits

Take part in this all over body workout, focusing on strength and cardio. This class will take you through timed workout stations that will push you to your limits. This class is great for learning different exercises and techniques to move and improve your body.

## Pilates

Pilates focuses on improving flexibility, strength, posture and awareness through controlled movement. After this class, you will feel strong and motivated to tackle your day ahead.

## Bootcamp

This class is a high intensity class designed by the instructor and will change weekly to keep it fresh and exciting. You can expect a full body workout that will leave you feeling energised and wanting more!

## LBT

LBT is a full body aerobic workout that aims to tone up thighs, bum and stomach. LBT is helpful if you want to lose weight or improve your fitness level – all whilst listening to upbeat music.

## Box Fitness

This boxing class is fit for all abilities, consisting of fun boxing drills and workout stations that will burn those calories and make you sweat. If you didn't like boxing before, you are sure to love it after this class.