

STUDIO TIMETABLE March - May 2018

Day	Studio	MORNING			AFTERNOON	EVENING		
MONDAY	1	Box Fit Circuit 6.30 - 7.15	Total Toning 9.15 - 10.00	Body Combat 10.05 - 10.50		Total Toning 18.30 - 19.15	HIIT 19.15 - 20.00	Body Pump 20.00 - 20.45
	2		Pilates 9.30 - 10.30		Pilates 12.30 - 13.30	Pilates 18.30 - 19.30	Hatha Flow Yoga 19.35 - 20.35	
	Spin	Fast 7.30 - 8.00	Fast 9.30 - 10.00	Drills 10.10 - 10.30	Endurance 12.30 - 13.30	Fast 18.00 - 18.30	Live 19.00 - 19.45	Fast 20.00 - 20.30
TUESDAY	1	Insanity 6.30 - 7.15	Total Toning 9.30 - 10.15	Insane Abs 10.20 - 10.50			Body Combat 19.00 - 19.45	Body Pump 19.45 - 20.45
	2						Pilates 19.00 - 20.00	Hatha Yoga 20.00 - 21.00
	Spin	Endurance 6.30 - 7.30	Fast 9.30 - 10.00	Endurance 10.30 - 11.30	Fast 13.00 - 13.30	Live 18.30 - 19.15	Live 19.30 - 20.15	Fast 20.30 - 21.00
WEDNESDAY	1		Total Toning 9.15 - 10.00	Zumba 10.20 - 11.05		Body Pump 18.30 - 19.30	Zumba 19.35 - 20.35	Body Combat 20.45 - 21.15
	2				Pilates 12.45 - 13.45	Pilates 18.30 - 19.30	Body Balance 19.35 - 20.35	
	Spin	Fast 7.30 - 8.00	Live 9.30 - 10.15	Endurance 10.30 - 11.30	Fast 12.30 - 13.00	Fast 19.00 - 19.30	Live 19.30 - 20.15	Fast 20.30 - 21.00
THURSDAY	1	Circuit Training 6.30 - 7.15	Insanity 9.30 - 10.15	Body Pump 10.15 - 11.00		Insanity 18.30 - 19.15	Circuit Training 19.30 - 20.30	
	2						Pilates 19.35 - 20.35	
	Spin	Endurance 6.30 - 7.30	Fast 9.30 - 10.00	Fast 10.30 - 11.00	Fast 13.00 - 13.30	Endurance 18.30 - 19.30	Live 19.30 - 20.15	Fast 20.30 - 21.00
FRIDAY	1	Body Pump 6.30 - 7.15	Zumba 9.30 - 10.30	Circuit Training 10.45 - 11.30			Members are recommended to book a 30 minute introduction session before attending their first Spin class. This session can be booked at reception.	
	2				Hatha Flow Yoga 12.00 - 13.00			
	Spin	Fast 6.30 - 7.00	Live 9.30 - 10.15	Fast 10.30 - 11.00	Fast 13.00 - 13.30	Endurance 18.30 - 19.30		
SATURDAY	1	HIIT 8.30 - 9.15	Body Pump 9.30 - 10.30	Body Combat 10.35 - 11.20			Class bookings can be made up to 6 days in advance via the Find a Class tile on the Club App, at reception, online at https://ingrebourmelinks-services.brighttime.com/login/ or by calling the club on 01708 201301. Numbers are limited. Please make every effort to cancel your class(es) if you can no longer attend.	
	2			Hatha Yoga 11.15 - 12.15				
	Spin	Endurance 7.30 - 8.30	Live 9.30 - 10.15	Endurance 10.30 - 11.30	Fast 12.30 - 13.00	Endurance 17.00 - 18.00		
SUNDAY	1		Circuit Training 9.30 - 10.30					
	2		Pilates 9.30 - 10.30					
	Spin	Fast 7.30 - 8.00	Live 9.00 - 9.45	Fast 11.00 - 11.30	Endurance 12.30 - 13.30	Fast 17.00 - 17.30		
Please note all classes are for all abilities to attend. Instructors will give alternatives and adaptations to exercises to suit all levels. Please inform your instructor if you are new to a class. The Club reserves the right to substitute instructors and change class type and times, when and if the need arises.								

Class Descriptions	Duration	Exercise Type	Results
Circuit Training	45/60 min	resistance & aerobic interval training	Improves cardiovascular fitness, coordination, power & muscular endurance
Box Fit Circuit	45 min	boxing-inspired, full-body conditioning	Improves stamina & muscular endurance, reduces stress levels
Body Pump	45/60 min	full-body resistance training	Decreases bodyfat, improves muscle tone & muscular endurance
Total Toning	45 min	full-body conditioning	Supports weightloss, improves cardiovascular fitness & muscle tone
Insane Abs	30 min	abdominals conditioning	Improves strength & muscle tone of the abdominals
Insanity/HIIT	45 min	high-intensity interval training	Boosts metabolism, improves stamina & muscular endurance
Body Combat	30/45 min	martial arts inspired cardio	Improves cardiovascular fitness & co-ordination, reduces stress levels
Zumba	45/60 min	dance inspired cardio	Improves aerobic fitness, balance, flexibility & energy levels
Body Balance	60 min	combination of yoga, pilates & tai chi	Improves flexibility & core strength, reduces stress levels
Yoga	60 min	holistic	Improves strength, flexibility & balance to boost physical & mental wellbeing
Pilates	60 min	core conditioning	Improves flexibility, core stability & coordination for better posture
Drills/Fast/Endurance	20/30/60 min	virtual spin class	Improves strength, endurance, speed & power
Live	45 min	instructor-led spin class	Improves strength, endurance, speed & power