

## STUDIO TIMETABLE Nov - Dec 2018

Day	Studio	MORNING			AFTERNOON	EVENING		
MONDAY	1		Total Toning 9.15 - 10.00 JADE			Total Toning 18.30 - 19.15 DEMI	HIIT 19.15 - 20.00 DEMI	Body Pump 20.00 - 20.45 DEMI
	2			Pilates 10.00 - 11.00 DON		Pilates 18.30 - 19.30 SHERRIE	Hatha Yoga 19.35 - 20.35 DON	
	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	Fast 19.00 - 19.30	Fast 20.00 - 20.30
TUESDAY	1	Insanity 6.30 - 7.15 LIZA	Total Toning 9.30 - 10.15 LIZA	Insane Abs 10.20 - 10.50 LIZA		Tone 18.30 - 19.15 FRAN	HIIT 19.15 - 19.45 FRAN	Body Pump 20.00 - 20.45 GEORGIE
	2				Indoor Bowls 14.00 - 16.00 TREVOR		Pilates 19.00 - 20.00 DON	
	Spin	Endurance 6.30 - 7.30	Fast 9.30 - 10.00	Endurance 10.30 - 11.30	Fast 13.00 - 13.30	Fast 18.15 - 18.45	Live 19.00 - 19.45	Fast 20.30 - 21.00
WEDNESDAY	1	Body Pump 6.30 - 7.15 GEORGIE	Total Toning 9.30 - 10.15 LIZA	Zumba 10.15 - 11.00 CHARLENE		Body Pump 18.30 - 19.30 FRAN	Dance Fit 19.35 - 20.20 CHANTELLE	
	2				Pilates 12.30 - 13.30 SALLY	Indoor Bowls 18.00 - 20.00 TREVOR	Pilates 18.30 - 19.30 SHERRIE	
	Spin	Fast 7.30 - 8.00	Live 9.30 - 10.15 GEORGIE	Endurance 10.30 - 11.30	Fast 12.30 - 13.00	Fast 18.30 - 19.00	Endurance 19.30 - 20.30	Fast 20.30 - 21.00
THURSDAY	1	Circuit Training 6.30 - 7.15 LIZA	Body Pump 9.30 - 10.15 DEMI	Insane Abs 10.20 - 10.50 DEMI		Zumba 18.45 - 19.30 CHARLENE	Circuit Training 19.30 - 20.15 CALLUM	
	2			Beginners Yoga 10.20 - 11.20 CHANTELLE			Vinyasa Flow Yoga 19.30 - 20.30 LAURA	
	Spin	Endurance 6.30 - 7.30	Fast 9.30 - 10.00	Fast 10.30 - 11.00	Fast 13.00 - 13.30	Live 18.35 - 19.20 GEORGIE	Fast 19.30 - 20.00	Fast 20.30 - 21.00
FRIDAY	1	Body Pump 6.30 - 7.15 DEMI	Zumba 9.30 - 10.30 KERRI					
	2							
	Spin	Fast 6.30 - 7.00	Fast 9.45 - 10.15	Drills 10.30 - 10.50	Fast 13.00 - 13.30	Endurance 18.30 - 19.30		
SATURDAY	1	HIIT 8.30 - 9.15 DEMI	Body Pump 9.30 - 10.30 VIKKI	Insane Abs 10.30 - 11.00 JADE				
	2		Supple Strength 9.30 - 10.30 ADRIANA					
	Spin	Endurance 7.30 - 8.30	Live 9.30 - 10.15 JADE	Endurance 10.30 - 11.30	Fast 12.30 - 13.00	Endurance 17.00 - 18.00		
SUNDAY	1		Circuit Training 9.30 - 10.30 MANNUELLA					
	2		Pilates 9.30 - 10.30 SHERRIE					
	Spin	Fast 7.30 - 8.00	Endurance 9.30 - 10.30	Fast 11.00 - 11.30	Endurance 12.30 - 13.30	Fast 17.00 - 17.30		

Members are recommended to book a 30 minute Spin Induction before attending their first Spin class. This session can be booked at reception.

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://ingreboundmelinks-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.

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
<b>Circuit Training</b>	<b>45/60 min</b>	resistance & aerobic interval training	Improves cardiovascular fitness, coordination, power & muscular endurance
<b>Body Pump</b>	<b>45/60 min</b>	full body resistance training	Decreases bodyfat, improves muscle tone & muscular endurance
<b>Tone</b>	<b>45 min</b>	cardio, strength & core training	Increases energy, burns fat, improves cardiovascular fitness & muscle tone
<b>Total Toning</b>	<b>45 min</b>	full body conditioning	Supports weightloss, improves cardiovascular fitness & muscle tone
<b>Insane Abs</b>	<b>30 min</b>	abdominals conditioning	Improves strength & muscle tone of the abdominals
<b>Insanity/HIIT</b>	<b>30/45 min</b>	high intensity interval training	Boosts metabolism, improves stamina & muscular endurance
<b>Zumba</b>	<b>45/60 min</b>	dance inspired cardio	Improves aerobic fitness, balance, flexibility & energy levels
<b>Dance Fit</b>	<b>45 min</b>	dance inspired cardio & choreography	Improves aerobic fitness, coordination, balance, flexibility & core stability
<b>Supple Strength</b>	<b>60 min</b>	holistic	Improves strength, flexibility, balance & ability to relax the mind
<b>Yoga</b>	<b>60 min</b>	holistic	Improves strength, flexibility & balance to boost physial & mental wellbeing
<b>Pilates</b>	<b>60 min</b>	core conditioning	Improves flexibility, core stability & coordination for better posture
<b>Drills/Fast/Endurance</b>	<b>20/30/60 min</b>	virtual spin class	Improves strength, endurance, speed & power
<b>Live</b>	<b>45 min</b>	instructor-led spin class	Improves strength, endurance, speed & power
<b>Indoor Bowls</b>	<b>120 min</b>	indoor lawn bowls	Learn the rules of play, tips on technique & friendly competition