

STUDIO TIMETABLE September - October 2019

Day	Studio	MORNING			AFTERNOON	EVENING		
MONDAY	1		Total Toning 9.15 - 10.00 JADE			Lawn Bowls 18.00 - 20.00 TREVOR	Total Toning 19.00 - 19.45 DEMI	Body Pump 20.00 - 20.45 DEMI
	2			Pilates 10.05 - 11.05 ADRIANA		Pilates 18.30 - 19.30 SHERRIE	Hatha Yoga 19.35 - 20.35 CHARLOTTE	
	Spin	Live 6.30 - 7.00 CALLUM	Fast 9.30 - 10.00	Drills 10.10 - 10.30	Endurance 12.30 - 13.30	Fast 18.00 - 18.30	Live 19.45 - 20.30 SHERRIE	Fast 20.45 - 21.15
TUESDAY	1	Insanity 6.30 - 7.15 LIZA	Total Toning 9.30 - 10.15 LIZA	Insane Abs 10.20 - 10.50 LIZA	Beginners Yoga 12.00 - 13.00 CHANTELLE	Total Toning 18.30 - 19.15 JADE R	GRIT 19.20 - 19.50 VIKKI	Body Pump 20.00 - 20.45 VIKKI
	2						Pilates 19.00 - 20.00 NIKKI	
	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 19.30 - 20.15 JADE R	Fast 20.30 - 21.00
WEDNESDAY	1		Total Toning 9.30 - 10.15 LIZA	Zumba 10.20 - 11.05 CHARLENE		Body Pump 18.30 - 19.30 LAURA	Zumba 19.35 - 20.20 MAXINE	
	2				Pilates 12.30 - 13.30 SALLY		Pilates 18.30 - 19.30 SHERRIE	Barre 19.30 - 20.00 SHERRIE
	Spin	Fast 6.15 - 6.45	Fast 9.30 - 10.00	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	GRIT 6.30 - 7.00 LIZA	Body Pump 9.30 - 10.15 DEMI	Insane Abs 10.20 - 10.50 DEMI		Zumba 18.30 - 19.15 KERRY	Circuit Training 19.30 - 20.15 CALLUM	
	2			Beginners Yoga 10.20 - 11.20 CHANTELLE		Lawn Bowls 18.00 - 20.00 TREVOR	Hatha Flow Yoga 19.30 - 20.30 ADRIANA	
	Spin	Endurance 6.30 - 7.30	Fast 9.30 - 10.00	Fast 10.30 - 11.00	Fast 13.00 - 13.30	Live 18.45 - 19.15 CALLUM	Fast 19.30 - 20.00	Fast 20.30 - 21.00
FRIDAY	1	Body Pump 6.30 - 7.15 DEMI	Zumba 9.30 - 10.30 KERRY					
	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	GRIT 8.45 - 9.15 VIKKI	Body Pump 9.30 - 10.30 VIKKI	Insane Abs 10.30 - 11.00 JADE				
	2		Hatha Yoga 9.15 - 10.15 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 9.00 - 10.00 MАНNUELLA					
	2		Pilates 9.30 - 10.30 SHERRIE	Barre 10.30 - 11.00 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://ingrebournelinks-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
Circuit Training	45/60 min	resistance & aerobic interval training	Improves cardiovascular fitness, coordination, power & muscular endurance
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/GRIT	30 min	high intensity interval training	Builds cardiovascular fitness, strength, lean muscle & maximises calorie burn
Barre	30 min	ballet-inspired dance workout	Tones, shapes and conditions the legs, glutes & core muscles
Zumba	45/60 min	dance inspired cardio	Improves aerobic fitness, balance, flexibility & energy 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	30/45 min	instructor-led spin class	Improves strength, endurance, speed & power
Lawn Bowls	120 min	outdoor lawn bowls	Learn the rules of play, tips on technique & friendly competition