

STUDIO TIMETABLE March- 2020

Day	Studio	MORNING			AFTERNOON	EVENING		
MONDAY	1		Total Toning 9.15 - 10.00 JADE			Total Toning 18.30 - 19.15 DEMI	Body Pump 19.30 - 20.15 DEMI	
	2			Pilates 10.05 - 11.05 ADRIANA		Pilates 18.30 - 19.30 SHERRIE	Vinyasa Flow Yoga 19.35 - 20.35 ANASTASIA	
	Spin	BOXHITT 6.30 - 7.15 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	GRIT+CORE 6.30 - 7.15 LIZA	Total Toning 9.30 - 10.15 LIZA	CORE 10.20 - 10.50 LIZA		Beginners TONE 18.30 - 19.15 JADE R	GRIT 19.20 - 19.50 VIKKI	Body Pump 20.00 - 20.45 VIKKI
	2				Beginners Yoga 12.00 - 13.00 CHANTELE		Pilates 19.00 - 20.00 SHERRIE	
	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 - 19.15 SHERRIE	Zumba 19.20 - 20.05 MAXINE	BOXHITT20:10 - 20:55CALLUM
	2				Pilates 12.30 - 13.30 SALLY		Pilates 18.30 - 19.30 NIKKI	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 12.30 - 13	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	CORE 10.20 - 10.50 DEMI		Zumba 18.30 - 19.15 KERRY	Beginners TONE 19.30 - 20.15 JADE R	
	2			Beginners Yoga 10.20 - 11.20 CHANTELE			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	CORE 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 MANNUELLA					
	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		

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.

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.brightlume.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.

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
CORE		30 min	abdominals conditioning	Improves strength & muscle tone of the abdominals
BOXHITT		45 min	high intensity interval training	Improves cardiovascular fitness, coordination, power & muscular endurance
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
SPRINT		30 Min	instructor-led spin class	Builds cardiovascular fitness, strength, lean muscle & maximises calorie burn
Live		30/45 min	instructor-led spin class	Improves strength, endurance, speed & power