

Day	Studio	MORNING			Afternoon			Evening		
Monday	1		Body Pump 9:30 - 10:15 (Aleesha)			Total Toning 18:00 - 18:30 (DEMI)	Total Toning 18:45 - 19:15 (DEMI)	Body Pump 19:30 - 20:15 (DEMI)		
	2			Pilates 10:05 - 11:05 (ADRIANA)		Pilates 18:15 - 19:15 (SHERRIE)	Vinyasa Flow Yoga 19:30 - 20:30 (ANASTASIA)			
	Spin		Intro to Spin 9:40-10:10 (Callum)	Drills 10:10 - 10:30	Endurance 12:30 - 13:30	Fast 18:00 - 18:30	Live 19:30 - 20:00 (SHERRIE)	Fast 20:45 - 21:15		
Tuesday	1	GRIT 6.40 - 7.10 (LIZA)	Total Toning 9:30 - 10:00 (LIZA)	Total Toning 10:15 - 10:45 (LIZA)	CORE 11:00 - 11:30 (LIZA)	Beginners Tone 18:00 - 18:30 (JADE R)	Beginners TONE 18:45 - 19:15 (JADE R)	GRIT 19:30 - 20:00 (VIKKI)	Body Pump 20:15 - 20:45 (VIKKI)	
	2				Beginners Yoga 11:00 - 12:00 (CHANTELLE)					
	Spin		SPRINT 6:00 - 6:30 (LIZA)	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			CORE 10:15 - 10:45 (LIZA)	Body Pump 18:00 - 18:30 (VIKKI)	Body Pump 18:45 - 19:15 (VIKKI)	Zumba 19:30 - 20:15 (MAXINE)			
	2						Pilates 18:30 - 19:30 (SHERRIE)	Barre 19:45 - 20:15 (SHERRIE)		
	Spin		Fast 6:15 - 6:45	SPRINT 9:30-10:00(LIZA)	Endurance 10:30 - 11:30	Intro to Spin 12:00-12:30 (JADE)	Fast 13:15 - 13:45	Endurance 19:30 - 20:30	Fast 20:30 - 21:00	
Thursday	1	GRIT 6.40 - 7.10 (LIZA)	Body Pump 9:30 - 10:15 (DEMI)	CORE 10:30 - 11:00 (DEMI)	Zumba 18:00 - 18:30 (KERRY)	Zumba 18:45 - 19:15 (KERRY)	Beginners TONE 19:30 - 20:00 (JADE R)	Beginners Tone 20:15 20:45 (JADE R)		
	2			Beginners Yoga 10:20 - 11:20 (CHANTELLE)			Hatha Flow Yoga 19:30 - 20:30 (ADRIANA)			
	Spin		SPRINT 6:00 - 6:30 (LIZA)	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 9:15 - 9:45 (KERRY)	Zumba 10:00 - 10:30 (KERRY)					
	2									
	Spin		Fast 6:30 - 7:00	Fast 9:45 - 10:15	Drills 10:30 - 10:50	Intro to Spin 12:30 - 13:00 (RHYS)				
Saturday	1	GRIT 8:45 - 9:15 (VIKKI)	Body Pump 9:30 - 10:00 (VIKKI)	Body Pump 10:15 - 10:45 (VIKKI)						
	2		Hatha Yoga 9:15 - 10:15 (ADRIANA)							
	Spin		Endurance 7:30 - 8:30	SPRINT 8:50 - 9:20 (LIZA)	Endurance 10:30 - 11:30	Fast 12:30 - 13:00				
Sunday	1									
	2			Pilates 9:30 - 10:15 (SHERRIE)	Barre 10:45 - 11:15 (SHERRIE)					
	Spin		Fast 7:30 - 8:00	Endurance 9:30 - 10:30	Fast 11:00 - 11:30	Fast 12:30 - 13:30				

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 Description	Duration	Exercise Type	Results
<b>Circuit Training</b>	45/60 mins	Resistance & aerobic interval training	Improves cardiovascular fitness, coordination, power & muscular endurance
<b>Body Pump</b>	45/60 mins	Full body resistance training	Decreases body fat, improves muscle tone & muscular endurance
<b>Total Toning</b>	45 mins	Full body conditioning	Supports weight loss, improves cardiovascular fitness & muscle tone
<b>CORE</b>	30 mins	Abdominals conditioning	Improves strength & muscle tone of the abdominals
<b>BOXHIT</b>	45 mins	High intensity interval training	Improves cardiovascular fitness, coordination, power & muscular endurance
<b>GRIT</b>	30 mins	High intensity interval training	Builds cardiovascular fitness, strength, lean muscle & maximises calorie burn
<b>Barre</b>	30 mins	Ballet-inspired dance workout	Tones, shapes and conditions the legs, glutes & core muscles
<b>Zumba</b>	45/60 mins	Dance inspired workout	Improves aerobic fitness, balance, flexibility & energy levels
<b>Yoga</b>	60 mins	Holistic	Improves strength, flexibility & balance to boost physical & mental wellbeing
<b>Pilates</b>	60 mins	Core conditioning	Improves flexibility, core stability & coordination for better posture
<b>Drills/Fast/ Endurance</b>	20/30/60 mins	Virtual spin class	Improves strength, endurance, speed & power
<b>SPRINT</b>	30 mins	Instructor led spin class	Builds cardiovascular fitness, strength, lean muscle & maximises calorie burn
<b>LIVE</b>	30 / 45 mins	Instructor led spin class	Improves strength endurance, speed & power