

| 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 9:30 - 10:00 (KERRY) | Zumba 10:15 - 10:45 (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.brightlme.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 |
|-------------------------------|---------------|--|---|
| Circuit Training | 45/60 mins | Resistance & aerobic interval training | Improves cardiovascular fitness, coordination, power & muscular endurance |
| Body Pump | 45/60 mins | Full body resistance training | Decreases body fat, improves muscle tone & muscular endurance |
| Total Toning | 45 mins | Full body conditioning | Supports weight loss, improves cardiovascular fitness & muscle tone |
| CORE | 30 mins | Abdominals conditioning | Improves strength & muscle tone of the abdominals |
| BOXHIT | 45 mins | High intensity interval training | Improves cardiovascular fitness, coordination, power & muscular endurance |
| GRIT | 30 mins | High intensity interval training | Builds cardiovascular fitness, strength, lean muscle & maximises calorie burn |
| Barre | 30 mins | Ballet-inspired dance workout | Tones, shapes and conditions the legs, glutes & core muscles |
| Zumba | 45/60 mins | Dance inspired workout | Improves aerobic fitness, balance, flexibility & energy levels |
| Yoga | 60 mins | Holistic | Improves strength, flexibility & balance to boost physical & mental wellbeing |
| Pilates | 60 mins | Core conditioning | Improves flexibility, core stability & coordination for better posture |
| Drills/Fast/ Endurance | 20/30/60 mins | Virtual spin class | Improves strength, endurance, speed & power |
| SPRINT | 30 mins | Instructor led spin class | Builds cardiovascular fitness, strength, lean muscle & maximises calorie burn |
| LIVE | 30 / 45 mins | Instructor led spin class | Improves strength endurance, speed & power |