

Day	Studio	MORNING			Afternoon		Evening		
Monday	1	Box HIIT 06:30-07:00 (Callum)		Body Pump 09:00 - 09:45 (Aleesha)		Total Toning 18:00 - 18:45 (Jade R)	Box HIIT 19:30-20:00 (Sam)		
	2				Pilates 10:00 - 11:00 (Adriana)		Vinyasa Flow Yoga 19:30 - 20:30 (Anastasia)		
	Spin						Live 19:00 - 19:45 (Jade R)		
Tuesday	1		Total Toning 09:30 - 10:15 (LIZA)	CORE 10:20 - 10:50 (LIZA)		Beginners Tone 17:30 - 18:15 (JADE R)	Beginners TONE 18:30 - 19:15 (JADE R)		
	2				Beginners Yoga 12:00 - 13:00 (CHANTELLE)		Pilates 19:30 - 20:30 (Anastasia)		
	Spin	LES MILLS SPRINT 06:30 -07:00 (LIZA)					Live 19:30 - 20:15 (JADE R)		
Wednesday	1					Circuit Training 18:30 - 19:15 (Sam)	Zumba 19:20 - 20:05 (MAXINE)		
	2				Pilates 11:00-12:00 (Cathy)				
	Spin		Circuit Training 09:30 - 10:15(Sam)						
Thursday	1	GRIT 06.30 - 07.00 (LIZA)		Body Pump 9:30 - 10:15 (Jade R)		Box HIIT 12:30-13:00 (Callum)	Total Toning 17:30 - 18:15 (Kerry)	Zumba 18:30-19:15 (KERRY)	
	2				Beginners Yoga 11:00 - 12:00 (CHANTELLE)		Barre 19:00-19:30 (ADRIANA)	Vinyasa Flow Yoga 19:35 - 20:35 (ADRIANA)	
	Spin								
Friday	1	Body Pump 06:30 - 07:15 (Jo R)		Zumba 09:00 - 09:45 (KERRY)					
	2								
	Spin								
Saturday	1		Box HIIT 08:45-09:15 (Sam)	Circuit Training 09:30 - 10:15 (Sam)					
	2			Hatha Yoga 09:15 - 10:15 (ADRIANA)					
	Spin								
Sunday	1	Circuit Training 09:00 - 09:45 (Jade/Callum)							
	2			Pilates 09:30 - 10:30 (Cathy)	Barre 10:35 - 11:05 (Cathy)				
	Spin								

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://ingrebourmelinks-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
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