

Day	Studio	MORNING			Afternoon		Evening	
Monday	1	Total Tone 06:15-07:00 (Jade)		Body Pump 09:30 - 10:15 (Aleesha)		Total Toning 18:00 - 18:45 (Jade R)	Body Pump 19:00 - 19:45 (Aleesha)	
	2				Pilates 10:00 - 11:00 (Adriana)		Box HIIT 18:30-19:15 (Sam)	Vinyasa Flow Yoga 19:30 - 20:30 (Anastasia)
	Spin						Live 19:00 - 19:45 (Jade R)	
Tuesday	1		Total Toning 09:30 - 10:15 (Jade)	CORE 10:20 - 10:50 (Jade)		Beginners Tone 17:30 - 18:15 (JADE R)	Beginners TONE 18:30 - 19:15 (JADE R)	
	2				Beginners Yoga 11:00 - 12:00 (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	Box HIIT 06:30-07:00 (Sam)			Body Pump 12:30-13:15 (Jade R)		Circuit Training 18:30 - 19:15 (Jade)	Zumba 19:20 - 20:05 (MAXINE)
	2				Beginners Yoga 11:00 - 12:00 (Anastasia)			Pilates 18:15-19:15 (Sherrie)
	Spin							Barre 19:20-19:50 (Sherrie)
Thursday	1	Grit 06.10 - 07.00 (LIZA)		Body Pump 09:30 - 10:15 (Sherrie)		Box HIIT 12:30-13:00 (Sam)	Body Pump 18:30-19:15 (Aleesha)	
	2				Beginners Yoga 10:45 - 11:45 (Hannie)			Barre 19:00-19:30 (ADRIANA)
	Spin							Vinyasa Flow Yoga 19:35 - 20:35 (ADRIANA)
Friday	1	Body Pump 06:30 - 07:15 (Jo R)		Zumba 09:00 - 09:45 (KERRY)				
	2							
	Spin							
Saturday	1			Hatha Yoga 09:15 - 10:15 (ADRIANA)				
	Spin		Ride & Burn 08:45-09:45 (Liza)					
Sunday	1	Circuit Training 08:30 - 09:15 (Jade/Sam)						
	1			Pilates 09:30 - 10:30 (Gaelle)				
	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://ingreboundelinks-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