

STUDIO CLASS TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Virtual Spin 7.30am -8.15am	Virtual Spin 7.30am -8.15am	Virtual Spin 7.30am -8.15am	Virtual Spin 7.30am -8.15am		Virtual Spin 7.30am -8.15am	Virtual Spin 7.30am -8.15am
				Pilates 9.30am-10.15AM MO		
Stretch & Tone. 11am-12pm PETE	Aqua Aerobics 10.30am-11am	Yoga with Lisa 10.30am-12pm	Yoga with Lisa 10.30am - 12pm	Power Walk 11am-11.45am MO		
	Pilates with Carla 11am-11.45	HIIT with Ben 6.30-7.15				
Vibe cycle With Carla 6:45-7:30pm	From 19 th October Yoga with Lisa 7.30pm-9pm	Circuit Training with Ben 7.30-8.15	From 14 th October Aqua Aerobics 5.30pm - 6.15pm			
Virtual Spin 7.30pm -8.15pm				Virtual Spin 7.30pm -8.15pm		

Unlimited Class for only £35!!! Join our class membership today.

Aqua Aerobics

Pool based cardio and resistant workout. Great for improving fitness and toning.

Pilates

Balance your body. Workout designed to improve core strength and flexibility. Focus on coordination and relaxation.

Stretch & Tone.

Low intensity balanced workout.

Yoga

Mind, body and relaxation. Improve flexibility and strength in a calming environment.

Circuit Training with Ben

Circuit training is a combination of 6 or more exercises performed with short rest period between them for either a set number of reps or time.

Virtual Spin

Walk in the room, set up your bike to your comfort level and begin.

Power Walk

Fast-pace cardio exercise in the studio using steps. This work-out is great for any age to improve fitness in a fun and spacious environment.

HIIT with Ben

High Intensity Interval Training - a form of exercise that has been proven to boost metabolism, build strength and pack in the same benefits of lower and moderate intensity aerobic workouts in a shorter time.