

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BOOTCAMP 06:45-07:30	GROUP CYCLING 06:40-07:25	CIRCUITS 06:45-07:30	PUMP AND TONE 06:45-07:30	BOOTCAMP 06:45-07:30	GROUP CYCLING 08:00-08:45	SPIN\ CONDITIONING 09:15-10:15 (FINISHING 5 TH OF JUNE)
GROUP CYCLING 06:45-07:30	PUMP AND TONE 06:45-7:30	GROUP CYCLING 09:15-10:00	PILATES 06:45-07:30		LBT 09:00-10:00	FITNESS YOGALATES 10:30-11:30
AQUA-FIT 09:15-10:00	GROUP TRAINING 09:30-10:15	LADIES GYM GROUP TRAINING 09:30-10:15	KETTLEBELLS 9:30-10:15	PUMP&TONE 09:30-10:30	GROUP TRAINING 9:30-10:15	BODY CONDITIONING 09:15-10:15 (STARTS 5 TH OF JUNE)
LBT 09:30-10:30	PUMP&TONE 09:30-10:30	QIONG 9:30am-10:30am (STARTS 25 TH OF MAY)	GROUP TRAINING 09:30-10:15	GROUP TRAINING 10.45am-11.30am		
LADIES GYM GROUP TRAINING 09:30-10:15	SUPER SENIORS 10:45-11:45	KETTLEBELLS+CORE 10:30-11:15	LADIES STRENGTH GROUP TRAINING 10:30-11:15	PURE STRETCH 09:30-10:30		
ZUMBA 09:30-10:30	LEGS, BUMS, MUMS (RETURNING IN SEPTEMBER)	PILATES BEGINNERS 10:30-11:30	PILATES 09:30-10:30	PURE STRETCH 10:30-11:30		
GROUP TRAINING 10:45-11:30	BEGINNER GROUP TRAINING 12:00-12:45	BEGINNER GROUP TRAINING/GP REFERRAL 11:30-12:15	PILATES & STRETCH 10:30-11:30	AQUA-FIT 12:15-13:00		
BEGINNER GYM GROUP/GP REFERRAL 11:45-12:30		PILATES L1&2 11:30-12:30	SUPER SENIORS/CORE STABILITY 10:30-11:15			
		AQUA-FIT 12:15-13:00	ZUMBA GOLD 11:30-12:30			
GROUP CYCLING 18:00-18:45	GROUP CYCLING 18:00-18:45		BEGINNER GROUP TRAINING 12:00-12:45	THORNEGROVE GROUP TRAINING 14:00-15:00		
FIGHTING FITNESS 18:00-19:00	BODY CONDITIONING 18:00-19:00	ZUMBA 18:00-19:00	LBT 18:00-19:00	GROUP CYCLING 18:30-19:15		
PILATES 18:00-19:00	PILATES 17:00-18:00	HIIT 18:00-19:00	GROUP CYCLING 18:00-18:45	STRONG NATION 18:00-19:00		
PILATES 19:00-20:00	PILATES 18:00-19:00	GROUP CYCLING 18:00-18:45	STRENGTH GROUP TRAINING 18:45-19:30	CLUBBERCISE 19:00-20:00		Cycle studio
CIRCUITS 19:00-19:45	LBT 19:00-20:00	CLUBBERCISE 19:10-20:10	PUMP&TONE 19:00-20:00	GROUP TRAINING 18:00-18:45		Gym
GROUP CYCLING 19:00-19:45	GROUP TRAINING 19:00-19:45	GROUP CYCLING 19:00-19:45	PILATES 18:00-19:00			Sports Hall
AQUA-FIT 19:15-20:00	GROUP CYCLING 19:00-19:45	GROUP TRAINING 19:00-19:45	PILATES 19:00-20:00			Studio 1
GROUP CYCLING 20:00-20:45		GROUP CYCLING 20:00-20:45	GROUP CYCLING 19:00-20:00			Studio 2
YOGA 20:00-21:00			AQUA-FIT 19:15-20:00			Pool

CLASS	DESCRIPTION	BENEFITS
AQUAFIT	A fun full body, low impact aerobic workout using the water as resistance. Suitable for many different fitness levels and abilities. You can work at your own pace in shallower or deeper water.	Many health benefits, increases cardiovascular fitness and muscular strength, controlled environment for low impact on the joints.
BOOTCAMP	Challenging early morning workouts involving: Circuit training, HIIT workouts and fitness challenges.	High intensity workout to condition the muscles for a high impact workload. Good for strengthening your muscles and cardiovascular system.
PUMP & TONE	A full body resistance workout using Barbells, you will perform a mixture of lifts and exercises, the instructor will coach your form and help you achieve multiple repetitions.	Safely build muscle with higher repetitions, increased lean muscle mass will help increase your metabolism.
L.B.T	Legs Bums and Tums is an energetic class with lots of squats, lunges and stomach exercises.	Both Cardiovascular and resistance to help tone and shape your core and lower body.
LEGS, BUMS, MUMS	Babies and toddlers welcome, breastfeeding and play area for the little ones. Join in this fitness class with a qualified post-natal instructor suitable for all fitness levels.	Helping you build your fitness after having a child and socialise with other parents in a healthy environment.
BODY CONDITIONING	This is a great workout for weight loss, shaping and toning, you will be doing a range exercises from aerobics to resistance training	Cardio, muscular endurance, core strength, A full body workout that changes every time.
SUPER SENIORS	A low impact class at a gentle pace, great for keeping healthy and mobile. Come and join in with a great social group	Full body aerobic, balance and strength with low impact exercises modified to your ability.
STRONG NATION	STRONG NATION by Zumba® combines high intensity interval training with the science of Synced Music Motivation.	Cardio fitness, muscular endurance and coordination.
ZUMBA	Zumba classes are a worldwide phenomenon. Exotic dance and high-energy international beats help you get great results from this fun class.	Balance, co-ordination, cardiovascular fitness and a fun atmosphere!
CLUBBERCISE	Clubbercise ® is a fun full body workout with a banging soundtrack that gets great results. Classes are held in a darkened room with disco lights and our trademark LED glow sticks available to purchase at reception.	dance, toning and combat moves with options to suit all fitness levels
KETTLEBELLS	Kettlebells are a great way to increase your functional strength and tone up your body. The shape of the weight increases the demands on your core and helps you perform new exercises.	Full body strength with high core activation. Progressive weight options to adapt to your level of fitness.
GROUP CYCLING	Improve cycling performance, fitness and health with our fun group cycling classes. Don't forget your water!	A high calorie demand class, cardiovascular fitness, leg strength and at a low impact.
SPIN AND CONDITIONING	Offers an alternative cycling workout, combining the usual class plus resistance exercises.	Low impact, high calorie demands, cardiovascular fitness, muscular endurance.
CORE STABILITY	This class is a great challenge for all your core muscles, abs busting moves including exercise balls or can be adapted to use a chair.	Perfect workout for improving your balance and core muscles.
TAI CHI	An ancient internal Chinese martial art focused upon meditation and breathing techniques, Suitable and beneficial for all ages, 16-116! You can even do it seated in a chair if you struggle to stand.	Mental benefits include stress reduction, better sleep, and an improved mood. Physical benefits include better breathing, balance and stability
PILATES	- Improves, balance, core, and posture aiding joint mobility. Level 1 is suitable for beginners; level 2+3+4 are slightly more challenging	Whole body strength without bulk, flexibility for all abilities.
PILATES AND STRETCH	Traditional Pilates with added flexibility, concentrating on strengthening and lengthening muscle helping to improve posture, flexibility and core.	Whole body strength without bulk, flexibility at a higher tempo.
FITNESS YOGALATES	A combination of yoga and Pilates, ideal for improving flexibility and toning. For those that fancy a challenge, try the Group Cycling class just before.	Flexibility, core strength and muscular endurance. A great class for full body conditioning.
PURE STRETCH	A class aimed at increasing full body flexibility and stretching any tight muscles, this class is ideal for those looking to wind down.	A perfect class for improving your flexibility, socialising and de-stressing
CORE&STRETCH	A mixture of Stretch and Core exercises to keep you supple and strengthen your core	Perfect workout for improving your flexibility and core muscles.
GYM GROUPS	Free gym groups for all gym members- Beginners group, abs blast, ladies and general gym groups are a fantastic way train in a small groups with a qualified gym instructor. You must have had a gym induction.	Different gym groups that target all aspects of fitness.
FIGHTING FITNESS	A tough fitness class that will make you sweat a mixture of pad work and combinations to get your heart rate up. This class will also incorporate functional circuits and resistance training.	Cardiovascular fitness, high intensity training, stress relieving and toning