



FITNESS CLASSES - June 14 onwards

Start Time	MON	TUE	WED	THUR	FRI	SAT	SUN
6.00AM	COMBAT		PUMP		POWER		
9.30AM	PUMP	AERO	POWER	STEP	PUMP	COMBAT	
10.30AM	BALANCE	STEP		PUMP	BALANCE	BALANCE	AERO
12.00PM	YOGA		PILATES	YOGA	POWER		
1.00PM		PILATES					
5.30PM	AERO	STEP	COMBAT	PUMP			
6.30PM	PUMP	COMBAT	STEP	COMBAT			
7.30PM	BALANCE	PUMP	PILATES				
BODY PUMP	A Pre-choreographed resistance class, using barbell and hand weights. The focus is on correct technique with light weights and high repetitions designed for muscular endurance and tone.			PILATES	A core-based class that focuses on body posture, balance and co-ordination through core stability exercise techniques. Suitable for all fitness levels.		
BODY COMBAT	A Pre-choreographed martial arts based class. Combining punches and kicks without contact for a great fitness workout.			AERO BOXING	A circuit styled boxing class combining bodyweight exercise with pads and gloves giving you a great full body workout.		
BODY STEP	A Pre-choreographed step class with emphasis on fitness, and easy to follow moves. Suitable for most fitness levels.			FREESTYLE STEP	A non-choreographed high intensity step class with a strong focus on cardio fitness. Suitable for most fitness levels.		
BODY BALANCE	A Pre-choreographed Yoga-influenced class, blending moves from Yoga, Tai Chi, Pilates and relaxation stretches. Great for postural muscle improvement.			YOGA	A low intensity class with primary focus on relaxation and stress relief, whilst improving flexibility. Designed to suit all general yoga participant levels		
POWER CIRCUIT	A non-choreographed total body work out aimed at all major muscle groups. Suitable for most abilities.			COMING SOON	Watch this space!		

Please check Fitness Centre Reception regarding public classes. Classes are subject to change without notice