





Autumn Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
Net Zero 06:30-07:00 Gym Floor Fitness Team	Net Zero 06:30-07:00 Gym Floor Fitness Team	BODYPUMP™ 06:30-07:15 Studio 1 Andrew	Accumulate 07:30-08:00 Gym Floor James	Net Zero 06:30-07:00 Gym Floor Fitness Team
Tread & Shred 07:30-08:00 Cardio Zone Joe	Back to Basics 11:30-12:00 Gym Floor Joe	Net Zero 07:30-08:00 Gym Floor Fitness Team	Flow 2 Yoga 07:45-08:30 Studio 1 Shannon	Super Cycle 11:30-12:15 Studio 2 James
HIIT & Abs 12:00-12:30 Gym Floor Joe	Omnia Circuit 12:00-12:30 Gym Floor Fitness Team	Proformance 12:00-12:30 Gym Floor Darren	Back to Basics 11:30-12:00 Gym Floor Joe	Boxing Skills & Drills 12:00-12:30 Studio 1 Jason
Pilates 12:00-12:45 Studio 1 Carmen	Yoga 12:00-12:45 Studio 1 Suzan	Hill Cycle 12:00-12:30 Studio 2 Lee	Speed Cycle 11:30-12:00 Studio 2 Shannon	Fit Friday 13:00-13:45 Gym Floor Omar
Speed Cycle 13:00-13:30 Studio 2 Lee	Super Cycle 12:00-12:45 Studio 2 Shannon	Workout Wednesday 13:00-13:30 Gym Floor Fitness team	Yoga 12:00-12:45 Studio 1 Veronique	  
Kettlebells 13:00-13:30 Gym Floor Darren	Prep & Restore 13:00-13:30 Gym Floor Shannon	Pilates 13:00-13:45 Studio 1 Carmen	Abs, Boxing & Cardio 13:00-13:45 Studio 1 Omar	
Prep & Restore 17:15-17:45 Gym Floor Carmen	Hill Cycle 17:15-17:45 Studio 2 James	HIIT & Abs 17:15-17:45 Studio 1 Fitness Team	Kettlebells 17:15-17:45 Gym Floor Fitness Team	
Accumulate 18:00-18:30 Gym Floor James	Net Zero 18:00-18:30 Gym Floor Fitness Team	Kettlebells 18:00-18:30 Gym Floor Fitness Team		 

Class Descriptions

Strength	Cardio	Mind & Body	HIIT	Technique
Kettlebells	Hill Cycle	Flow 2 Yoga	Accumulate	Boxing Skills & Drills
Combine cardiovascular, strength and flexibility training for a full body workout using this dynamic weight concept.	Indoor cycling class that will build strength and endurance through a series of hill climbs.	Dynamic flow class moving through postures and sequences.	Each session works on the full body, looking to make gains in pace/distance and weights/repetitions.	This is an intense boxing based class that works on technique whilst challenging your cardio fitness.
Fit Friday	Super Cycle	Pilates	HIIT & Abs	Back to Basics
A different workout for every Friday. Working upper and lower body, toning and strengthen all major muscle groups.	Mixture of sprints and hill climbs to banging tunes.	This class helps you gain strength, stamina and flexibility safely, as you are guided through a series of beginner movements, modified and tailored to your own, needs and ability.	High Intensity interval training to get your heart rate spiked finishing with a blitz on the core to build a solid foundation.	Breaking down the fundamentals and techniques for different exercises. Each class has a different focus with specific exercises, tips and training to help prevent injury and promote good practice.
TRX	Speed Cycle	Yoga with Veronique	Workout Wednesday	
A class introducing the basics and fundamental of TRX suspension training. Targeting the full body this class will strengthen each muscle group whilst putting your core to the test.	Indoor cycling class that challenges you with cardio sprints on the bike.	In this class, postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated. You can expect an emphasis on simplicity, repetition, and ease of movement.	Midweek full body workout with challenges. This class will be set at a high intensity and use repeated efforts of various exercises and a variety of equipment.	
BODYPUMP™	Tread & Shred	Yoga with Suzan	Omnia Circuits	
A barbell workout using light to moderate weights and high reps to get you lean and toned. You'll work all your major muscles as you build strength and burn calories, getting fitter, faster.	This is a running based interval workout. Not only will you burn a ton of calories both during and after, you will also tone your entire body!	In this class, postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated. You can expect an emphasis on simplicity, repetition, and ease of movement.	High intensity Interval training using the Omnia Rig using a variety of equipment to work the whole body.	
Proformance	Net Zero	Prep & Restore	Abs, Boxing & Cardio	
This class consists of dynamic movements, and exercises that mirror various sports. Our weighted exercises are used to assist our focus, performance.	A class fully powered by you, Zero excuses Zero Emissions. Challenge yourself to the next level with our fully functioning training zone.	Whether you're getting set for a workout or cooling down post session. This class will take you through a series of stretches and mobility exercises to help you prep and restore your body.	Boxing moves to empower you on your journey to peak fitness.	