

*Studio Timetable - From 25th July 2020*

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
09.15 – 10.00 Group Cycling <i>Karen P</i>	08.30 - 09.15 TABATA* <i>Laszlo/Jack</i>	09.15 - 10.00 Group Cycling <i>Laszlo</i>	09.15 - 10.15 Pilates Mat <i>Laszlo</i>	9.30 - 10.15 Disco Rhythm <i>Denny L</i>	9.15 - 10.00 Group Cycling <i>Sara P</i>	9.15 - 10.00 TABATA* <i>Laszlo/ Jack</i>
10.45 – 11.30 Body Sculpt <i>Karen P</i>	10.00 - 10.45 Pilates on the Ball <i>Laszlo</i>	11.15 - 12.00 Body Sculpt <i>Karen P</i>	11.00 - 12.00 Yin Yoga <i>Katie S</i>	11.00 - 12.00 Barre Fitness <i>Melanie R</i>	11.00 - 12.00 Pilates Mat <i>Breege T</i>	10.45 - 11.45 Pilates Mat <i>Summar A</i>
12.30 – 13.15 Body Sculpt <i>Alison W</i>	11.30 - 12.30 Hatha Yoga <i>Marina C</i>	14.00 - 15.00 Pilates Mat <i>Gabriel K</i>	13.30 - 14.15 Body Sculpt <i>Katy M</i>	15.00 - 16.00 Hatha Yoga <i>Tawny C</i>		
14.00 - 15.00 Vinyasa Flow Yoga <i>Emma A</i>	14.00 - 15.00 Pilates Mat <i>Paula H</i>	18.15 - 19.00 Dance Fit <i>Denny L</i>	18.00 - 18.45 Group Cycling <i>Laszlo</i>			
18.30 - 19.30 Hatha Yoga <i>Filiz K</i>	17.45-18.30 Cross Core Rotational Training <i>Jack</i>					

\*TABATA - Outdoors when weather permitting

## Mind & Body Classes

### *Vinyasa Yoga (10 + instructor)*

Vinyasa Yoga (also referred to as Flow Yoga) is a form of yoga that links the breath, movement and poses together. This style of yoga is often seen as a more athletic practice. The pace is usually quicker, requiring the practitioner to focus inward, while synchronizing breath and movement.

### *Yin Yoga (10 + instructor)*

Yin yoga is a slow-paced style in which poses could be held for a few minutes or even longer. It is passive but challenging. The purpose is to apply moderate stress to the connective tissue - the tendons, fascia and ligaments - with the aim of increasing circulation in the joints and improving flexibility.

### *Hatha Yoga with Yoga Nidra (10 + instructor)*

A gently dynamic asana class based around posture practice, while delving into the subtle 'inner' practices of yoga that include breath work and yoga nidra, a guided meditation and a deep form of relaxation. In this class we explore how the beauty of yoga can help quieten the busy mind and encourage greater peace and happiness.

### *Pilates Mat (10 + instructor)*

Using specially designed moves, Pilates educates, realigns and balances your body. It increases core muscle strength while promoting coordination and flexibility. This class uses the concept of traditional Pilates and modern principles of exercise science and rehabilitation.

### *Pilates on the Ball (8 + instructor)*

Uses mostly traditional Pilates exercises performed on a Swill ball. By providing a soft, movable surface, core muscles are strengthened through their work to stabilize the body while performing exercises for abs, back, legs, arms and just about everything.

## Speciality & Conditioning Classes

### *CrossCore Rotational Training (5 + instructor)*

CrossCore is the evolution of TRX that takes all the benefits of traditional bodyweight training exercises to a whole new level. The anchored pulley adds instability, rotation and dynamic tension to challenge the user's strength, core and balance while improving motor skills.

### *Barre Fitness (7 + instructor)*

Barre Fitness is a one stop shop that includes all the essentials of Pilates, ballet, dance, yoga and strength training. Barre delivers a full body workout but it's great for strengthening your core and toning your glutes and legs. Barre is low impact, focuses on high reps and small range of movements.

### *Body Sculpt (8 + instructor)*

After a short aerobic style warm up you will start your primarily low impact muscle-toning session using free weights, resistance bands and your own body. This high-energy fun class is designed to provide you with a total body workout focusing on muscle tone and definition.

## High Intensity Classes

### *Cardio Boxing (TBC + instructor)*

This is a moderate to high intensity cardio workout, combining boxing techniques with body weight exercises giving you the ultimate whole body workout. Shadow boxing, sparring and punch bag work are part of this highly motivating calorie burning fun session.

### *TABATA (8 + instructor indoor, 15 + instructor outdoor)*

TABATA is an interval training workout for those wanting to develop a lean and strong physique. It is only 20 minutes to complete a workout, but the level of intensity pushes your body to the limit making it a highly effective one. Excellent catalyst for fat burning and improves glucose metabolism.

## Community Classes

### *Disco Rhythm (8 + instructor)*

This is a must try with a great time and feel good factor guaranteed. Easy to follow routines based on well known tracks from the disco era and similar. Come enjoy the rhythm and dance to all your favourite old school tracks!

### *Dance Fit (8 + instructor)*

Choreographed dance fitness class designed to make you fit while enjoying different styles of street dance, hip-hop etc. This class brings the fun back to your workout with high energy dance moves and great music.

### *Group Cycling (9 + instructor)*

Cycling is the perfect low impact highly effective cardio and strength workout. You will ride your bike to the beat of great music and burn up to 600 calories in a session. You will get your heart pumping and also work your glutes, calves, quads, hamstrings while lowering your body fat over time.