

INDOOR CLASS TIMETABLE

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|---|--|--|--|
| Studio Cycle with Colin 07:15-08:00 | | | | Studio Cycle with Colin 07:15 - 08:00 | | |
| Studio Cycle with Colin 08:15-09:00 | Rise & Shine Yoga with Val 08:15 - 09:00 | Pilates with Tina 08:00 - 08:45 | Fitness Pilates with Mandi 08:00 - 08:45 | Studio Cycle with Colin 08:15 - 09:00 | | |
| Fit Flow with Briony  09:15 - 10:00 | Yoga Vinyasa with Val  09:15 - 10:00 | Studio Cycle with Colin  08:15 - 09:00 | Studio Cycle with Alice 08:15 - 09:00 | Glide with Lucy 08:15-08:45 | Dynamic Pilates with Jane 09:00 - 09:45 | Studio Cycle with Rich 09:00-09:45 |
| Flow & Restore with Briony 10:15 - 11:00 | Supple Strength with Carolyn 10:15 - 11:00 | Fitball with Abi 09:30-10:15 | Pure Core with Mandi  09:00 - 09:45 | Yoga Hatha with Elena  09:15 - 10:00 | Studio Cycle with Alice 09:15 - 09:45 | Glide with Rich 10:00-10:30 |
| | Fitball with Carolyn 11:15 - 12:00 | Studio Cycle with Abi 10:30-11:00 | Pilates with Penny 10:00 - 10:45 | Dynamic Pilates with Abi 10:30 - 11:15 | Barre Sculpt with Abi 10:00 - 10:45 | Sound Bath Meditation with Kirsty 10:45-11:45 |
| Studio Cycle with Abi 12:00 - 12:30 | Pilates with Carolyn 12:15 - 13:00 | Pilates with Tina 12:15 - 13:00 | | Pilates with Abi 11:30 - 12:15 | Studio Cycle with Alice 10:15 - 10:45 | Relax & Meditate with Paul 12:00-13:00 |
| Yogalates with Abi 12:45 - 13:30 | | | | Yogalates with Abi 12:30 - 13:15 | Stretch & Tone with Alice 11:00 - 11:45 | |
| Dynamic Pilates with Abi 13:45 - 14:30 | | Stretch & Tone with Tina 13:15 - 14:00 | Pilates with Carolyn 13:15-14:00 | | Beginners Cycle with Abi 11:15 - 11:45 | |
| Barre Express with Abi 14:45 - 15:15 | | | Stretch & Tone with Carolyn 14:15-15:00 | | Pilates with Abi 12:00 - 12:45 | |
| Flow & Restore Yoga with Jane P 15:30 - 16:30 | Movement Mechanics with Tom 15:15 - 16:00 | Stretch with Jane 15:15 - 15:45 | Rehab Pilates with Angie 15:15 - 16:00 | | | |
| Dynamic Pilates with Abi 16:45 - 17:45 | | | Pilates with Jane G 16:15 - 17:00 | | | |
| | Studio Cycle with Jane D 16:30 - 17:00 | Pilates with Abi 17:15 - 18:00 | Yogalates with Jane G 17:15 - 18:00 | | | |
| Studio Cycle with Alice 18:00-18:45 | Studio Cycle with Tom 17:30 - 18:15 | Studio Cycle with Colin 18:00 - 18:45 | Pilates with Jonathan 18:15 - 19:15 | Studio Cycle with Colin 18:00 - 18:45 | | |
| Stretch Yoga with Tina 18:45 - 19:30 | Slow Flow with Val 18:45 - 19:30 | Barre Sculpt with Abi 18:15 - 19:00 | Yoga Nidra with Jonathan 19:30 - 20:00 | | | |
| Yoga Ashtanga with Davy 19:45-21:00 | Yin Yoga with Val 19:45 - 20:45 | Yin Yang Flow with Bella 19:15 - 20:15 | Restorative Yoga with Jonathan 20:15 - 21:15 | | | |

OUTDOOR CLASS TIMETABLE

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|---|--|---|--|
| | | HIIT with Colin 07:30 - 08:00 | HIIT with Mandi 07:15 - 07:45 | | Body Blitz with Colin 08:15 - 09:00 | |
| Combat with Alice 08:00 - 08:45 | Pyramid with Tom W 08:15-08:45 | Hatha Flow with Elena 08:15 - 09:00 | | Rise & Shine Yoga with Val 08:30 - 09:15 | | Tai-Chi with Michael 08:15 - 09:15 |
| Pump with Alice 09:00 - 09:45 | Pilates with Sarah 09:00 - 09:45 | Pump with Tina 09:15 - 10:00 | Combat with Alice 09:15 - 10:00 | Strong @ The Gym with Tom P/Rich 09:15-10:00 | Pump with Jane D 09:15 - 10:00 | Yoga Vinyasa with Yvonne 09:30 - 10:15 |
| Pilates with Penny 10:00 - 10:45 | Pilates with Sarah 10:00 - 10:45 | Move with Tina 10:15 - 11:00 | Pump with Alice 10:15 - 11:00 | Sculpt with Abi 09:30 - 10:00 | | Qigong with Paul 10:30 - 11:15 |
| Pilates with Penny 11:00 - 11:45 | Pulse with Lucy 11:00-11:45 | Core Release with Tina 11:15 - 12:00 | Senior Pilates with Penny 11:15 - 12:00 | Pilates with Penny 10:15 - 11:00 | Pulse with Jane D 10:15 - 11:00 | Strong @ The Gym with Rich 10:45-11:30 |
| Retroaerobics with Jane G 12:15 - 13:00 | | | Pilates with Penny 12:15 - 13:00 | Pilates with Penny 11:15 - 12:00 | Zumba with Jane D 11:15 - 12:00 | |
| | Zumba with Judy 13:15 - 14:00 | | Core & Release with Tina 13:30 - 14:15 | Yin Yang Flow with Bella 13:30 - 14:30 | | |
| | Fitness Pilates with Judy 14:15 - 15:00 | 50+ Bodycon with Jane 14:15 - 15:00 | Senior Circuits with Tina 14:30 - 15:15 | | | |
| | | | | | | |
| | Low Impact Conditioning with Tom 16:15 - 17:00 | Hatha Yoga with Elena 16:00 - 16:45 | | Dynamic Flow Yoga with Briony 16:00 - 16:45 | | |
| | | Flow with Rich 17:00 - 17:30 | | Dynamic Flow Yoga with Briony 17:00 - 17:45 | | |
| Stretch & Tone with Alice 17:00 - 17:45 | Core Fitness with Jane D 17:15 - 17:45 | Kettle Bells @ The Gym with Rich 17:45 - 18:30 | | | | |
| HIIT with Tina 18:00 - 18:30 | Sculpt with Jane D 18:00 - 18:45 | Zumba with Joanna 18:45 - 19:30 | | | | |
| Pump with Tina 19:45-20:30 | | | | | | |

We ask members to bring their own mat to class. We also encourage you to bring your own equipment where possible.
Please note that some classes will take place indoors during bad weather.

ABOUT CLASSES:

Our timetable will continue to develop in line with demand and social distancing guidelines.

Indoor Classes:

Indoor classes are now allowed to safely take place. Our mechanical ventilation systems in our studios and gym have been increased to max. Systems are on all day, constantly pulling in fresh cooled air from outside while extracting the internal stale air out. Classes will also be held with the doors open and additional measures such as sanitisation and perspex have been implemented.

Outdoor Covered Classes:

Classes are held under a large open-sided marquee. We highly recommend bringing layers to keep warm. Should you wish, bring a cushion and blanket for our slower paced classes and meditation.

Live Recorded Classes:

Live labelled classes feature the instructors being recorded or live streamed, this is so you can take part at home or access the class again via wickwoodswellbeing.co.uk.

Equipment & Sanitisation:

Wickwoods is currently not providing any equipment or mats for classes. Mats are available to buy at main reception. Where equipment is used, please spray the equipment before and after use, likewise please also sanitise your hands before and after.

CLASS DESCRIPTIONS

Barre Express

Fusion of ballet and Pilates. This is a short workout that will target the core, glutes and legs predominately. Currently this class is being held outdoors so all exercises will be performed in the centre without a barre.

Body Blitz

A 45 minute high intensity bodyweight workout with our instructor Colin. Be prepared to be challenged!

Combat

Our aerobic martial arts class. Using combinations of kicks, punches and full body movements to get a complete body workout challenging the body and mind.

Core Fitness

An intense 45 minute workout focused on all elements of core strength.

Core Release

Our updated name for our popular Stretch & Tone class. A fusion of core and resistance exercises with mobility and stretches that improve the way your body moves.

Dynamic Pilates

Whilst still very much focusing on the Pilates fundamentals this class is designed to make you work a little harder than our regular Pilates class. Within this class exercises are grouped into threes, and flow seamlessly from one to the next.

CLASS DESCRIPTIONS

Dynamic Flow Yoga

An energetic and dynamic yoga flow to a soundtrack of ambient music. Utilising your bodyweight to flow through yoga postures helping to increase your mobility and flexibility through fluid movement. Breathing techniques will be utilised to help you work through the flow which will get your heart rate up and leave you feeling awake and energised, ready for the weekend.

Fit Flow

A class designed to tone, strengthen and stabilise the body using mindful movement. Yoga moves combined and evolved into flows and reps to help enhance your regular yoga practice or just to build greater understanding and awareness of functional movements.

Fitness Pilates

A fusion between Pilates and body conditioning, expect to work a little harder than our traditional Pilates classes.

Fitball

A fun group exercise programme for all to enjoy. The class uses core stability balls to enhance the posture, strength, balance and stability of a healthy adult.

Flow

A bodyweight session that incorporates balance, strength and mobility that aims to improve your movement quality and posture in day to day life.

Flow & Restore Yoga

A gentler version of our flow classes. This class encourages the body to relax whilst gently developing flexibility. You will be guided in and out of various poses with focus on breath and alignment. A good class for those wanting a slightly more challenging flow but with a restorative element.

Glide

This class is designed around the sliding discs called 'gliders'. This class is a fun and intense full body workout that targets the legs and core.

HIIT

High intensity interval training. Short quick bursts of high intensity exercises that will get the heart rate up and burn calories.

Kettle Bells

A full body intense workout using a kettlebell. Our expert trainer will train you through technique of each move, once this is achieved we then take the intensity up by performing each move in a Tabata style.

Low Impact Conditioning

Join our sport therapist for a full body conditioning workout that is friendly to hips, knees and ankles.

CLASS DESCRIPTIONS

Movement Mechanics

Join our in-house sports therapist for a gentle joint strengthening and mobility class to release tension and improve range of motion. This class also incorporates myofascial release work to help release those extra tight areas.

Move

Our updated name for our Body Conditioning class. Join Tina for a full out total body workout. Incorporating cardio and conditioning exercises designed to burn maximum calories and condition the body.

Pilates

Focusing on alignment, core strength and posture. We're well know for our Pilates classes, and have some of the best instructors around. Join one of our fantastic team everyday for your daily fix of Pilates.

Pump

Pump is a dynamic class that combines high repetition weight training with aerobic conditioning. It will tone and condition your body, help you to lose weight and ultimately change your body shape in record time!

Pulse

A full body workout, we start by increasing the heart rate with 5 rounds of 5 cardio exercises to get our pulses racing. This is then followed by tri-sets of conditioning exercises with each set finishing on a pulsing exercise to make you feel the burn. One for those who want a challenge!

Pyramid

Push yourself with our newest class on the timetable. This class is about reps & time. This high intensity style workout is structured like a pyramid. Each round the intensity will increase whilst your reps of each exercise decrease.

Qigong

Pronounced "chee gong," has similar roots to Tai Chi and is a series of simple movements carried out slowly and mindfully. Practiced originally in China for centuries, the movements promote health and wellbeing, with positive effects on flexibility, coordination and a number of health conditions.

Relax & Meditate

In this class we learn ways to calm mind and body, cultivate wellbeing and awareness, press "pause" and allow the body to benefit from exercise and activity. We'll practice a number of different relaxation and meditation techniques which can be applied in our everyday lives. The class starts with gentle movement, followed by lying-down relaxation, then a sitting meditation. Suitable for complete beginners and the more experienced, instructions can be tailored to individual needs.

Rise & Shine Yoga

A morning practice to unwind open up and create freedom and grounding. Suitable for all levels.

CLASS DESCRIPTIONS

Retroaerobics

A fun filled dance and aerobic workout based on the best of 80's workout moves, whilst taking you on a musical journey through the decades. Carefully designed to focus on all areas of the body, cardio, toning and strengthening, without even realising that you're exercising! If you are a fan of flash dance and Jane Fonda, this is for you!

stability and balance. Developing both tone and flexibility in the body will evenly balance muscles and improve posture

Restorative Yoga

Longer held 'poses', supporting the body with props to allow it to relax and release. This enables the natural healing powers of our 'rest and digest' state, whilst calming the mind.

Rehab Pilates

A slower more gentle class with our rehabilitation trainer Angie. This class is for those who may be suffering with injuries or conditions that require a more specialised approach.

Studio Cycle

Join our fantastic instructors for a quick intense cardio workout on the spin bikes outside on the pod deck.

Stretch & Tone

Through a series of movements, exercises and developmental stretching, this class will promote mobility,

Senior Pilates

Designed specifically for our older members. Join our fabulous instructor Penny as she takes you through a 45 minute Pilates class, followed by a 15 minute relaxation.

Sculpt

Our updated name for LBT. Join Abi for a low impact conditioning class that targets all the hard to tone areas.

Sound Bath

There are so many benefits to health and wellbeing that can be achieved with deep sound-based relaxation including reduced stress and anxiety, less muscle tension and physical pain as well as an increased sense of wellbeing and a positive mood-state. Therapeutic sound baths using gongs, Himalayan singing bowls, chimes, drums and other percussion instruments are proven to relax the body and mind on a deeper level than other relaxation methods, and help to lower brainwaves so levels become similar to meditation or a state of deep sleep. This session will offer a short introduction, a couple of guided meditations, followed by a sound bath experience, and time for reflection at the end.

Strong @ The Gym

This class takes place in our functional workout area in our outdoor gym. Battle ropes, tyre flipping, and kettle bells are the name of the game. Challenge your power, strength, endurance and cardio in this 45 minute class

CLASS DESCRIPTIONS

Yoga Hatha

Incorporating the principles of gravity, breath and spine together with presence and attention, this is a class which combines traditional practices of Hatha yoga with 21st century knowledge of human movement. Offering a balance of active and passive movements, it is suitable for both beginner and the more experienced practitioner looking to broaden, refresh and refine their practice.

Yoga Nidra

Yoga nidra is a systematic method of inducing complete physical, mental and emotional relaxation. The term yoga nidra is derived from two Sanskrit words, yoga meaning union or one-pointed awareness, and nidra which means sleep.' Swami Satyananda Saraswati' Using a guided rotation of consciousness, an awareness of the breath, bodily feelings and sensations and visualisation techniques to bring you into a state of yogic sleep.

Yogalates

A fusion of Pilates and Yoga. Taking the very best of the core strengthening and alignment elements from Pilates, with the flow and flexibility aspects of yoga.

Yoga Vinyasa

A Dynamic Flow to awaken the body, whilst challenging strength & stability whilst also improving flexibility.

Yin

A restorative form of yoga, that is slow paced and with asana's (postures) that are held for an extended length of time. The flow of postures aim to stimulate the channels in the body to heal from within

Zumba

Zumba is a popular fitness programme inspired by Latin dance. The word "Zumba" comes from a Colombian word that means to move fast and have fun, which is just how people describe the routine. Using upbeat Latin music together with cardiovascular exercise, Zumba is aerobic dancing that is lots of fun and easy to learn!