

**CLASS TIMETABLE**

**6th Jan to 5th April 2020**

**ORIEL**

**01293 884 968**

**Monday**

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| **Time** | **Class** | **Description** | **Instructor** |
| 08:30 - 09:30 | Pilates | A class designed to improve core strength , flexibility and help with posture. | Rebecca |
| 09:35 – 10:35 | Pilates | A class designed to improve core strength, flexibility and help with posture | Rebecca |
| 17:40 – 18:10 | TRX & Abs | A 30 min class to improve core stability, strength, flexibility and to hit the abs! | Jess / Rob |
| 18:15 – 18:45 | HIIT STEP | A new and innovative 30 minute HIIT class using only bodyweight and a STEP – this is a fun but challenging workout! | Mark |
| 18:30 - 19:30 | Vinyasa Yoga Flow | This class links postures with quicker sequencing to emphasise the power of breathing while increasing muscular strength, flexibility and endurance | Emma |
| 18:50 – 19:30 | AFTERBURN | A new functional fitness circuit, focusing on strength, conditioning, movement and HIIT using a variety of equipment designed to burn lots of calories! | Matt  |
| 19:00 – 19:45 | Running Club | This session is open to all runners, whatever your level although particularly aimed at beginners. You will improve technique, build endurance, and can help you train towards a 5k, 10k or half marathon | Rob |
| 19:40 – 20:25 | Vinyasa Yoga Flow | This class links postures with quicker sequencing to emphasise the power of breathing while increasing muscular strength, flexibility and endurance | Emma |
| 19:45 - 20:30 | Spin | An indoor cycling, low impact class that focuses on improving fitness, burning calories and conditioning the lower body | Jess / Matt |

**Tuesday**

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| **Time** | **Class** | **Description** | **Instructor** |
| 06:45 – 07:30 | Spin | An early morning version of our popular spin class, get on your bike and spin your way to fitness! | Mark |
| 09:30 - 10:30 | Zumba | Latin rhythms combined with easy to follow dance moves to give great results from a fun workout | Nicole |
| 17:45 – 18:15 | Kettlebell Express | A 45 min, whole body session to boost strength and fitness. Perfect for getting in shape, generating power and long-term injury prevention | Connor / Mark |
| 18:20 - 18:50 | TRX & Abs | A 30 min class to improve core stability, strength, flexibility and to hit the abs! | Jess / Mark |
| 18:55 - 19:25 | Spin Express | A 30 min version of spin, take on the challenge of this high-energy class | Jess / Matt / Mark |
| 19:00 – 20:00 | Vinyasa Yoga Flow | This class links postures with quicker sequencing to emphasise the power of breathing while increasing muscular strength, flexibility and endurance | David C |
| 19:30 - 20:15 | FIGHT! | Box your way to fitness with our class focusing predominately on padwork and boxing drills. This class is the main event of the evening! | Mark /Connor |

**Wednesday**

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| **Time** | **Class** | Description | **Instructor** |
| 06:45 – 07:30 | Rise & Shine Yoga | An energetic and uplifting start to the day. Combining flowing movements with strength and breathing techniques to cultivate a healthy mind and body, greater flexibility and core strength | Emma |
| 09:30-10:30 | LBT | A mixture of aerobic and toning exercises to target those common problem areas | Rebecca |
| 10:35 -11:20 | Pilates | A class designed to improve core strength , flexibility and help with posture. | Rebecca |
| 18:00 – 18:30 | HIIT STEP | A new and innovative 30 minute HIIT class using only bodyweight and a STEP – this is a fun but challenging workout! | Mark |
| 18:40 – 19:10 | Death Row | The original format of this class makes it’s return in the most intense, challenging way! Rowing is the key factor in this class…. |  Matt / Rob |
| 19:15 – 20:00 | Euphoria | This spin class has it all...lights, motivation, uplifting music. Let yourself take a ride into a state of euphoria! | Mark |
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**Thursday**

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| **Time** | **Class** | **Description** | **Instructor** |
| 06:45 - 07:30 | Spin  | An early morning version of our popular spin class, get on your bike and spin your way to fitness! | Caz |
| 09:30 - 10:30 | Zumba | Latin rhythms combined with easy to follow dance moves to give great results from a fun workout | Nicole |
| 10:35 – 11:20 | Pilates | A class designed to improve core strength , flexibility and help with posture. | Nicole |
| 18:00 – 19:00 | Boot Camp | An effective all over body workout, held outdoors or indoors adapted for all abilities | Matt |
| 18:00 – 19:00 | Zumba | Latin rhythms combined with easy to follow dance moves to give great results from a fun workout | Nicole |
| 18:30 – 19:30 | Pilates | A class designed to improve core strength, flexibility and help with posture | Nicky |
| 19:10 – 20:00 | PUMP | An intensive free weight barbell class choreographed to music, designed to strengthen, sculpt and tone your body in one session | Mark / Jess |
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|   |    | **Friday**  |   |
| **Time** | **Class** | **Description** | **Instructor** |
| 06:45 – 07:30 | Rise & Shine Yoga | A high-intensity, total body workout! Prepare to shatter your limits with challenging drills, explosive moves that will help you get in the best shape of your life! | Emma |
| 09:00 – 09:30 | Spin Express | A 30 min version of spin, suitable for beginners | Rebecca |
| 09:40 - 10:40 | Aero Circuits | A cardio exercise class using different equipment to target the whole body. Burn fat and tone up in this fun class for all abilities | Rebecca |
| 10:50 - 11:50 | Pilates | A class designed to improve core strength , flexibility and help with posture. | Rebecca |
| 17:50 – 18:20 | Battlebellz | A high intensity class using the battle ropes and the kettlebells. This will improve power, endurance and can help with weight loss | Connor / Matt |
| 18:20 - 18:35 | Ab Express | A 15 min session designed to burn your abs to exhaustion! | Connor / Matt |
| 18:40 – 19:10 | Spin Express | Get ready for the weekend with this 30 min version of Spin! | Caz / Matt |

**Saturday**

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| **Time** | **Class** | **Description** | **Instructor** |
| 09:15 – 10:00 | PUMP | An intensive free weight barbell class, designed to strengthen, sculpt and tone your whole body in one session  | Mark / Jess |
| 10:10 – 10:40 | TRX & Abs | A 30 min class to improve core stability, balance, strength, flexibility and to hit the abs! | Mark / Jess |

**Sunday**

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| **Time** | **Class** | **Description** | **Instructor** |
| 09:10 - 09:50 | Spin | Indoor cycling class to help improve fitness levels, burn calories and help condition lower body | Fitness Team |
| 10:00 – 10:30 | Spin Express | A second session of Spin for those who don’t want such an early start on a Sunday! | Fitness Team |
| 10:00 - 11:00 | Yoga Flow | A holistic approach to mind, body and spirit which can lead to improved flexibility, posture and body strength.  | Smita |