

# Activity Schedule

## Studio 1

### Classes

<b>Body Attack</b> A cardiovascular interval training programme that combines high intensity aerobics, strength and stabilisation exercises, a highly motivated class.	<b>LBT</b> A basic aerobic warm-up followed by plenty of exercises that will help you strengthen and shape those problem areas, legs, bums and tums.
<b>Body Balance</b> A dynamic combination of Yoga, Pilates and Tai Chi designed to improve muscular strength, flexibility and mobility. Body balance invigorates and tones your body whilst releasing tension and promoting relaxation.	<b>Pilates (Stott Method)</b> Stott Pilates Method builds on the principles and essence of the original Joseph H. Pilates but incorporating modern knowledge of the body. It aims to restore the natural curves in the spine whilst focusing on strength, flexibility and endurance, reducing stress and tension.
<b>Body Combat</b> A high-intensity total-body workout combining moves and stances taken from a wide range of self-defence disciplines, it will have you fighting fit in no time! (A technique session must be completed prior to attending a Body Combat class.)	<b>Zumba</b> A Latin inspired fitness class Zumba combines fitness and fun, using almost every muscle in the body as you shimmy shake and stomp your way fit.
<b>Body Pump</b> A non-impact resistance training programme utilising barbells and adjustable weights. (A technique session must be completed prior to attending a Body Pump class).	<b>Core &amp; More</b> Strengthen the core muscles and mobilise the spine, which will help keep the back pain free!
<b>Boxercise</b> Combines the circuit format with boxing training moves to give you a fantastic total body workout. This class involves some contact (pads and gloves). Bring out the 'Rocky' in you!	<b>Circuits</b> Various stations combining weights, cardio and abdominal exercises designed to give you the maximum calorie burn in one session!

### Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning</b>		Body Pump 07.00-8.00		Body Balance 07.05-08.00	
<b>Lunchtime</b>	Body Pump 12.00-12.55	Body Combat 12.00-13.00		Run Club 13.00 – 13.55	Body Pump 12.00-12.55
	Core & More 12.30-12.45 Core & More 13.00-13.15	Pilates Mat Beginner - Intermediate 13.05-13.55	Core & More 12.30-12.45 Core & More 13.00-13.15	Body Attack 13.00-14.00	Boxercise 13.00-13.45
<b>Afternoon</b>	Body Balance 13.00-13.55		Circuits 13.00-13.45		Core & More 12.30-12.45 Core & More 13.00-13.15
	Boxercise 17.30-18.15	Spin + 17.30-18.30	Zumba 17.30-18.30	Body Pump 17.30-18.30	Body Combat 16:15-17.15

# Activity Schedule

## Studio 2

### Classes

#### Spin 60

45 Minutes not enough for you? Then get yourself booked on to Spin 60 those extra 15 minutes can make all the difference!

#### Spin 45

A cycle based class for all abilities, incorporating varying intensities to improve cardiovascular fitness and give you the ultimate cardio workout.

#### Spin 30

In a rush, a 30 minute blast on the spin bike, a shower and you're done! (*Good for beginners.*)

#### Spin +

Spin *plus* a little more added on. Your favourite cardio workout combined with circuits!

### Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning</b>	Spin 45 7.15-08.00		Spin 60 07.00-08.00		Spin 45 07.15-08.00
<b>Lunchtime</b>	Spin 30 12.30-13.00		Spin 30 12.00-12.30	Spin 45 12.00-12.45	Spin 30 12.30-13.00
		Spin 60 12.00-13.00	Spin 30 12.35-13.05		
<b>Afternoon</b>	Spin 60 17.15-18.15	Spin + 17.30-18.30	Spin 30 17.30-18.00		Spin 45 16.30-17.15