

| MONDAY | TUESDAY | WEDNESDAY |
|---|---|--|
| <p>06.45 - 07.30 - Spin 12.15 - 13.00 - Body Pump 13.05 - 13.50 - Spin</p> <p>17.30 - 18.30 - Body Pump 18.35 - 19.35 - Callanetics 19.35 - 20.35 - Zumba</p> | <p>12.15 - 13.00 - Body Balance 13.05 - 13.50 - Circuit</p> <p>17.30 - 18.30 - Body Combat 18.35 - 19.35 - Spin & Tone 19.40 - 20.40 - Fight Club</p> | <p>06.45 - 07.30 - Fit & Functional 12.15 - 13.00 - Body Combat 13.05 - 13.50 - Zumba Fit</p> <p>17.30 - 18.15 - Body Balance 18.15 - 18.45 - Kettlebells 18.45 - 19.15 - Kettlebells 19.20 - 20.05 - Spin</p> |
| THURSDAY | FRIDAY | SATURDAY |
| <p>12.15 - 13.00 - Body Attack 13.05 - 13.50 - Circuit</p> <p>17.30 - 18.30 - Spin 18.15 - 18.30 - Abs 18.35 - 19.35 - Body Pump</p> | <p>07.15 - 07.45 Spin Express 12.15 - 13.00 - Body Pump 13.05 - 13.50 - Spin</p> <p>17.30 - 18.15 - Spin</p> | <p>11.00 - 11.30 - Spin Express 12.05 - 12.35 - Tone Express 12.35 - 13.05 - Stretch Express</p> |

groupfitness Class Description

Fight Club Circuit based training incorporating all aspects of mixed martial arts including pad work, kick bag and skipping.

Zumba Dance based class using rumba, salsa, cha cha, and latin American for a high energy based workout.

Spinning & (Spin Express 30 min Class) Looking for quick results? Then let the instructor lead you through the hills and valleys in this non impact indoor cycling class. Set to motivating, pumping music, 'spinning' helps burn fat, improve stamina and tone the lower body.

Circuits All round programme includes weights and cardio vascular exercises. One of the best calorie burning classes

Body Attack A simple, high-intensity group exercise-to-music class that's fully optioned to cater for all fitness levels.

Body Combat The ultimate combination of power, energy and fun this class will inspire you to the next level, an aerobic training programme which includes martial arts movements.

Body Pump Barbell based work out incorporating every muscle in the body, Great for toning and fat burning.

Body Balance A mix of Tai chi, Pilates and Yoga aimed at all levels of fitness.

Kettle bells Strength and endurance based class using cast iron kettle bells for the ultimate workout.

Salsa Fit This sexy dance workout to authentic Salsa, Merengue and Reggae-ton music will improve your groove and give you confidence while shaking it on the dance floor.

Fit & Functional A fantastic workout that concentrates on all aspects of the body, core, speed, agility, and power are just some of the phases involved in this class.