

# Fitness Timetable



Monday		
Time	Class	Instructor
06:30 – 07:00	MOTIV8	Gym Instructor
07:00 – 07:30	SPRINT	Virtual
08:30 – 09:00	SPRINT	Virtual
09:20 – 10:05	Group Cycle Peak	Gym Instructor
10:15 – 11:00	Trim & Tone	Nicola
11:05 – 12:05	Yoga	Helen
12:30 – 13:00	MOTIV8	Gym Instructor
12:30 – 13:15	BODYPUMP	Virtual
16:45 – 17:15	SPRINT	Virtual
17:30 – 18:15	Body Pump Blitz	Lisa
18:00 – 18:30	MOTIV8	Gym Instructor
18:20 – 19:05	Body Combat Blitz	Britt

Thursday		
Time	Class	Instructor
06:30 – 07:00	MOTIV8	Gym Instructor
06:45 – 07:30	THE TRIP	Virtual
08:30 – 09:15	Group Cycle Peak	Virtual
09:30 – 10:15	Boogie Bounce	Lynette
10:20 – 11:05	Trim & Tone	Lynette
11:10 – 12:10	Yoga	TBC
12:30 – 13:00	Group Cycle Peak	Gym Instructor
13:05 – 13:35	CORE	Virtual
17:30 – 18:15	Group Cycle Peak	Lisa
18:00 – 18:30	MOTIV8	Gym Instructor
18:15 – 19:00	Body Combat Blitz	Lisa

Tuesday		
Time	Class	Instructor
06:30 – 07:00	MOTIV8	Gym Instructor
06:45 – 07:30	RPM	Virtual
08:30 – 09:00	SPRINT	Virtual
09:20 – 10:05	Body Pump Blitz	Nicola
09:30 – 10:00	MOTIV8 Seniors	Gym Instructor
10:00 – 11:00	Community Run Group	Andy
10:10 – 11:10	Yoga	TBC
12:30 – 13:00	Group Cycle Peak	Gym Instructor
13:05-13:35	CORE	Virtual
16:30 – 17:15	THE TRIP	Virtual
17:30 – 18:10	Circuit	Lynette
18:00 – 18:30	MOTIV8	Gym Instructor
18:20 – 19:05	Body Pump Blitz	Lynette
18:30 – 19:30	Yoga	Jordanna

Friday		
Time	Class	Instructor
06:30 – 07:00	MOTIV8	Gym Instructor
08:30 – 09:00	SPRINT	Virtual
09:30 – 10:15	Body Pump Blitz	Nicola
09:30 – 10:00	MOTIV8 Seniors	Gym Instructor
10:20 – 11:05	Zumba	Emma
11:15 – 12:15	Yoga	Anthony
12:30 – 13:00	MOTIV8	Gym Instructor
12:45 – 13:15	SPRINT	Virtual
13:30 – 14:00	CORE	Virtual
16:30 – 17:00	SPRINT	Virtual
17:30 – 18:00	HIIT Step	Britt
18:05 – 18:50	Body Pump Blitz	Britt

Wednesday		
Time	Class	Instructor
06:30 – 07:00	MOTIV8	Gym Instructor
07:00 – 07:30	SPRINT	Virtual
08:30 – 09:00	SPRINT	Virtual
09:20 – 10:05	Group Cycle Peak	Gym Instructor
10:15 – 11:00	Step	Nicola
11:05 – 11:50	Body Pump Blitz	Nicola
12:00 – 13:00	Pilates	Lisa
12:30-13:00	MOTIV8	Gym Instructor
17:15 – 18:00	Trim & Tone	Lynette
18:00 - 19:00	Community Run Group	Marcus
18:00 - 18:30	MOTIV8	GYM Instructor
18:05 – 18:50	Body Attack	Lynette

Saturday		
Time	Class	Instructor
08:00 – 08:30	MOTIV8	Gym Instructor
09:30-10:15	Body Pump Blitz	Lisa
10:20-11:05	Body Combat Blitz	Lisa
10:30 – 11:00	MOTIV8	Gym Instructor
11:30 – 12:00	SPRINT	Lisa

Sunday		
Time	Class	Instructor
08:30 – 09:00	MOTIV8	Gym Instructor
09:00 – 09:45	Body Combat Blitz	Carolyn
09:50 – 10:35	Trim & Tone	Carolyn
11:30 – 12:15	THE TRIP	Virtual

# Class descriptions

## LES MILLS BODYATTACK

A fun filled interval training class which combines aerobic movements and athletic agility training with strength exercises. There are high and low options so this class is for everyone. Burn on average 735 calories per hour. The 30 minute format of this class is ideal as an introduction for beginners and also a great short blast of a workout if done at its full intensity.

## LES MILLS BODYCOMBAT

A cardiovascular class which combines aerobics and martial arts. The class is choreographed to the music with separate moves being practised and then built into combinations. It is a great calorie burner and tones both the upper and lower body. No previous martial arts knowledge is necessary.

## LES MILLS BODYPUMP

The most successful group fitness programme in history! Body Pump is a 45-60 minute class using barbells and adjustable weights to tone and condition muscles while raising metabolic rate for rapid fat burning. Body Pump is proven to be 'the world's fastest way to get in shape' by research which has confirmed higher than expected fat burning alongside endurance, strength and wellness benefits.

## MOTIV8

A high intensity and motivating group class providing a dynamic and functional workout. This class combines cardiovascular and strength training so you can get the most out of your session every time. This versatile style of training is suitable for any fitness ability and will allow you to achieve your individual fitness goals.

## MOTIV SENIORS 8

This version of MOTIV8 is specifically catered for Over 50s, with adjusted moves and an old school playlist.

### Boogie Bounce

This low-impact class on a mini trampoline is suitable for ages, shapes and sizes, whilst having great fun getting fit to music!

### Circuit

A traditional Circuit class.

### Community Run Group

A social and inclusive run group, free to all abilities and experiences, led by running coaches. Tuesday's session with Andy is a track-based session. Wednesday's session with Marcus is a road run.

### Fitness Freestyle Yoga

Fitness Freestyle Yoga flows to music to exhilarate and empower. Are you ready to embrace your power? Lets get flexi!

### Group Cycle Peak

For those who love performance training, adapted challenges and entertainment, this class highlights key workout metrics to always keep you in your training zone. Keep an eye on your personal data, with the bright LCD display and on the screen. RPM, watts, FTP%, intensity level, calories, power and speed are all measured, with real-time average and max values for true precision training.

### HIIT Step

HIIT Step is a new and innovative 30 minute HIIT exercise class, using only bodyweight and a step. Using the principles of High Intensity Interval Training, this class is choreographed to bespoke soundtracks created by some of the UK's top house DJs and will push you to new limits!

### Pilates

Achieve the perfect balance between strength and flexibility. Pilates helps to reshape your body, become leaner and improve your posture. Pilates also helps relieve unwanted stress and tensions, with its slow, controlled approach giving long-term results.

### Step

Step is a traditional style of training, with mixed impact aerobic movements, choreography and exercises, based around a step. Work your whole body, elevate your heart rate and improve your coordination with a complete cardio workout.

### Trim & Tone

Trim & Tone is a fun, high-energy class in which you perform a range of moves with the aim to trim you down and tone you up! No matter what your age, ability or experience, Trim & Tone is an inclusive activity suitable for everyone. This class uses different equipment combinations, including dumbbells, steps and bands.

### Yoga

Exercise to stimulate and relax both body and mind. Yoga is spiritual discipline, which includes breath control, meditation and the adoption of specific postures. Yoga is about creating balance in your body and mind, while developing both your strength and flexibility.

### Zumba

Zumba is perfect for everybody! Each Zumba class is designed to bring people together, mixing low-intensity and high-intensity moves for an interval-style, calorie-burning, dance fitness party. Once the Latin and world rhythms take over, you'll see why Zumba classes are often called exercise in disguise.

## Virtual Classes

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### LES MILLS CORE

CORE is the 30 minute workout that will strengthen and tone your abs, glutes and obliques.

### LES MILLS RPM

RPM is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 500 calories a session.

### LES MILLS sprint

SPRINT is a 30-minute High-Intensity Interval Training workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.

### LES MILLS THE TRIP

The Trip is a fully immersive workout experience that combines a multi-peak cycling workout with a journey through digitally-created worlds.