

CLASSTIMETABLE

	monday	tuesday	wednesday	thursday	friday	saturday	sunday						
morning	07:30-08:15 Studio 1 Boot Camp Fitness Team	07:15-08:00 Studio 1 Pilates Poi	07:30-08:30 Studio 2 Vinyasa Flow Yoga Priya	07:30-08:15 Cycle Studio Indoor Cycle Edyta	07:15-08:00 Cycle Studio Indoor Cycle Fitness Team	10:00-11:00 Studio 2 Yoga Caroline	10:30-11:15 Cycle Studio Indoor Cycle Nelissa						
	11:20-12:05 Cycle Studio Indoor Cycle Liz	07:15-08:00 Cycle Studio Indoor Cycle Luciana	07:00-07:45 Cycle Studio Indoor Cycle Fitness Team		11:20-12:05 Cycle Studio Indoor Cycle Fitness Team	10:30-11:15 Cycle Studio Indoor Cycle Orsi	11:15-11:30 Studio 2 Core Circuit Fitness Team						
afternoon		11:20-12:05 Cycle Studio Indoor Cycle Fitness Team				11:15-11:30 Studio 2 Abs of Steel Fitness Team							
	12:10-12:55 Cycle Studio Indoor Cycle Edyta	12:10-12:55 Cycle Studio Indoor Cycle Belen	12:00-13:00 Studio 1 Hatha Yoga Joanna	12:10-12:55 Cycle Studio Tabata Indoor Cycle Liz	12:00-13:00 Studio 2 Ashtanga Yoga Joanna	SPECIALISED PRE-PAY COURSES <ul style="list-style-type: none"> Please ask our Fitness Team about POWER PLATE Fight Fit - 6 weeks courses £89 members/ £99 non-members. For bookings please contact: Leon Kew at leon@fightfit.co.uk Pole Dancing - 6 week courses for members and non members (10% discount for members). Please call 0800 043 6006 to book your place. Thai Boxing - £99 members/£110 non-members; 6 week course. For bookings, please contact Alex del Cisne: 07985 141421. Kundalini Yoga - Learn how to strengthen the immune and nervous systems and calm the mind to establish an alignment between mind, body and soul. For details, please contact: Mariya.Gancheva@int.sc.mufg.jp 							
	12:15-13:00 Studio 1 Circuits Sas	12:15-13:00 Studio 1 Boxing Circuit Sas	12:10-12:55 Cycle Studio Indoor Cycle Edit	12:10-13:10 Studio 1 Body Pump Nelissa	12:10-12:55 Cycle Studio Indoor Cycle Edyta								
	13:00-13:15 Studio 2 Abs Blast Fitness Team	13:00-13:15 Studio 2 Core Stability Fitness Team	13:00-13:45 Studio 1 Body Combat Nelissa	12:30-13:00 Studio 2 Abs Blast Fitness Team	13:00-13:45 Studio 1 Total Body Conditioning Edit								
	13:00-13:45 Studio 1 Body Combat Nelissa	13:00-13:45 Studio 1 Body Pump Nelissa	13:10-13:55 Studio 2 Total Athletic Training Edit	13:00-13:45 Cycle Studio Indoor Cycle Liz	13:00-13:45 Studio 2 Zumba Ruth								
13:05-13:50 Cycle Studio Indoor Cycle Fitness Team	13:05-13:50 Cycle Studio Tabata Indoor Cycle Liz	13:05-13:50 Cycle Studio Indoor Cycle Jason	13:00-13:45 Studio 2 Beginner's Pilates Tori										
evening	18:00-18:45 Studio 1 Total Body Conditioning Edit	18:00-19:00 Studio 2 Yin Yoga Joanna	18:00-19:00 Studio 1 Body Pump Joelle		18:00-19:00 Studio 2 Yin Yoga Joanna	Please note we have colour coded our classes: <table border="1"> <tr> <td>Mind/Body</td> <td>Resistance</td> </tr> <tr> <td>Mixed</td> <td>Cardio</td> </tr> <tr> <td>Indoor Cycle</td> <td></td> </tr> </table>		Mind/Body	Resistance	Mixed	Cardio	Indoor Cycle	
	Mind/Body	Resistance											
	Mixed	Cardio											
	Indoor Cycle												
18:00-19:00 Studio 2 Pilates Poi	18:15-19:00 Cycle Studio Indoor Cycle Edit	18:30-19:15 Cycle Studio Indoor Cycle Fitness Team	18:15-19:00 Cycle Studio Indoor Cycle Fitness Team										
18:15-19:00 Cycle Studio Indoor Cycle Fitness Team	18:30-19:15 Studio 1 Pilates Jessica	19:00-19:45 Studio 2 Pilates Alex	18:45-19:45 Studio 1 Thai Boxing £ Alex										
19:00-21:30 Studio 1 Pole Dancing £ Pole Secrets	19:00-20:00 Studio 2 Ashtanga Yoga Joanna	18:45-19:45 Studio 1 Fight Fit £ Leon	18:45-19:45 Studio 2 Kundalini Yoga £ Mariya										

CLASS DESCRIPTIONS

Mind/Body

Ashtanga Yoga

A dynamic yoga which synchronises the breath with a progressive series of postures. This improves circulation and gives a stronger body.

Hatha Yoga

Complete mind and body health: Emotional and mental calm using an ancient system that strengthens and relaxes.

Pilates

Core conditioning at its finest; our expert instructors will help you work on the deep abdominal muscles to help you become stronger all overall.

Vinyasa Flow Yoga

A flowing, dynamic form of yoga with a specific sequence of breath synchronised movements used to transition between sustained postures.

Yin Yoga

A distinct style of Chinese yoga and the oldest form of Hatha yoga. The ideal method of physical conditioning for prolonged meditation.

Resistance

Abs Classes & Core Conditioning

Works right to the centre of things! A freestyle group class to do those exercises nobody really likes but know we all need.

Body Pump

The classic total body weight training workout, set to driving music. All major muscle groups trained - excellent for tone and definition.

Mixed

Boot Camp

Start the week with maximum motivation and dynamism. The Boot Camp workout will set you up with energy and great moves through a combination of cardiovascular and resistance exercises – and no mud involved!

Boxing Circuit

Put on the pads and gloves and burn maximum calories in this high intensity workout of boxing drills and cardio routines to increase your overall fitness.

Circuits

Lots of variety, lots of exercises, lots of fun! Perform a variety of exercises in sequence to work all the major muscle groups. A combination of body weight, resistance and cardio will get you super-fit in no time.

Total Athletic Training

Structured plyometrics, resistance and cardiovascular exercises to enhance your co-ordination skills, strength, energy and flexibility to improve overall functionality.

Total Body Conditioning

An all over workout for all major muscle groups; strengthen, tone and increase endurance in this vibrant, fast moving class with a different workout each week to keep you challenged and motivated.

Zumba

The worldwide dance workout phenomenon: Party yourself fit!

Cardio

Body Combat

A high intensity, fast paced and energetic cardio fitness class inspired by martial arts. Strike, punch and kick your way to improve co-ordination, posture, core strength and stability with energising music to drive your workout and fitness to new levels.

Indoor Cycle

Group Cycle

An energizing, intense cardio workout on the bike - climbs, sprints, racing and intervals.

Tabata Indoor Cycle

Experience a blast of energy with these short, high intensity intervals interspersed between motivating music to take indoor cycle to the next level.

