

TIMETABLE SEPTEMBER – DECEMBER 2020

Due to the Coronavirus Pandemic please be aware our sessions are now limited to a maximum of 14. There will be no more than 18 people in the whole gym at any time.

DAY	TIME	CLASS	VENUE
MONDAY	9:30 – 10:15	TABATA TRAINING	GYM & VIRTUAL
	9:30 – 12:00	OPEN GYM	GYM ONLY
	16:00 – 17:30	OPEN GYM	GYM ONLY
	17:30 – 18:00	HIIT STEP	GYM & VIRTUAL
	18:15 – 18:45	KETTLERCISE	GYM & VIRTUAL
TUESDAY	19:00 – 19:45	KICKBOX FIT	GYM ONLY
	7:00 – 7:45	1-2-1 PERSONAL TRAINING	VIRTUAL ONLY
	16:00 – 17:30	OPEN GYM	GYM ONLY
	17:30 – 18:00	BODYWEIGHT HIIT	GYM & VIRTUAL
WEDNESDAY	18:15 – 19:00	BODY BLAST	GYM & VIRTUAL
	7:00 – 7:45	1-2-1 PERSONAL TRAINING	VIRTUAL ONLY
	9:30 – 10:00	KETTLERCISE	GYM & VIRTUAL
	10:00 – 10:15	ABS & CORE ATTACK	GYM & VIRTUAL
	10:30 – 12:0	OPEN GYM	GYM ONLY
THURSDAY	17:30 – 18:30	PILATES	GYM & VIRTUAL
	18:45 – 19:45	CLUBBERCISE	GYM & VIRTUAL
	09:30 – 10:15	CIRCUIT TRAINING	GYM & VIRTUAL
FRIDAY	9:30 – 12:00	OPEN GYM	GYM ONLY
	16:00 – 17:30	OPEN GYM	GYM ONLY
	17:30 – 18:15	CIRCUIT TRAINING	GYM & VIRTUAL
	18:30 – 19:15	CIRCUIT TRAINING	GYM & VIRTUAL
	7:00 – 7:30	BODYWEIGHT HIIT	GYM & VIRTUAL
SATURDAY	7:00 – 7:30	OPEN GYM	GYM ONLY
	9:30 – 10:00	HIIT STEP	GYM & VIRTUAL
	10:00 – 10:15	ABS & CORE ATTACK	GYM & VIRTUAL
	9:30 – 12:00	OPEN GYM	GYM ONLY
	18:00 – 19:00	CLUBBERCISE	GYM & VIRTUAL
SUNDAY	CLOSED	CLOSED	CLOSED

Please scroll down to see a full description of our timetable and what the sessions entail.

Our **OPEN GYM** sessions are designed to give you the flexibility to use the gym for your own workout, follow our workout of the day or any of your programmed personal Training sessions. You will find the pre written workout up on the whiteboard in the gym. You can ask any of our coaches about the workout and they will be happy to assist. You are still required to book on to the **OPEN GYM** sessions e.g. If the timetable stipulates 9:30 12:00 you can attend at any time throughout that period.

All **VIRTUAL** sessions will take place via **ZOOM**. To get the most out of our virtual sessions we strongly advise you have the following equipment;

Dumbbells

Kettlebells

Step Box

Here are a list of classes where you WILL need equipment;

Circuit Training (DB's / KB's)

Kettlercise (KB)

Body Blast (DB's / KB's)

HIITSTEP (Step Box)

Tabata (DB's / KB's)

1-2-1 Personal Training

Please note: Our timetable is subject to change. If any changes are made members will be notified in advance.

Circuit Training is the essential class for those looking to improve strength, stamina and mobility. Our bespoke programme will entwine cardio, strength and HIIT training to bring the ultimate challenge to your fitness. Suitable for all abilities.

Kettlercise is the ultimate calorie blitzing and body sculpting workout. Designed to create lean muscle, delivering results fast. Suitable for all levels of fitness and ability. This workout uses kettlebells to complete an all over body workout.

Clubbercise classes are held in a darkened room with disco lights and their trademark LED glow sticks set to a soundtrack of old and new club hits. A fusion of dance, toning and combat moves with high/low impact options for all fitness levels, one class can burn around 600 calories.

Bodyweight HIIT is designed to push you to your limits. Using your own bodyweight as the resistance, you will challenge every muscle group throughout each workout. Working and rest times will vary each workout. Suitable for all fitness levels and abilities. Ideal for fat-loss and fitness improvements.

Body Blast the fantastic mix of resistance, floor work and cardio makes for a challenging and dynamic workout. With so many different elements, it means you can work at a level that suits you and still secure results.



Abs & Core Attack is a group class concentrating on true Abs & Core training to create a balanced, strong and sculpted trunk. It's a 15 minute class which targets and strengthens the abdominal and core area.

Pilates is a systemised form of exercise that focuses on core strengthening, which is your abdominal muscles and your back. It's a sequential safe way of moving through exercises that is focused on the technique to get the maximum benefit of each movement. Health benefits are; improves posture, flexibility, promotes long lean muscles, increases body awareness, improves concentration, co-ordination and balance stress management and relaxation.

HIITSTEP is the multi-award winning HIIT workout designed to provide you with the greatest results in the shortest amount of time to the greatest beats.