

July - September 2022 Timetable

	Time	Class	Location	Instructor
Monday	11:45 - 12:30	Pilates	Dance Studio	Karen
	12:30 - 13:00	HIIT	Sports Hall	Mel
	17:15 - 18:00	Pilates	Dance Studio	Karen
	18:15 - 19:00	Coach by Colour Spin	Spin Studio	Jo
Tuesday	11:45 - 12:15	Circuit Training	Sports Hall	Mel
	12:15 - 13:00	Body Conditioning	Dance Studio	Karen
	17:15 - 18:00	Body Pump	Dance Studio	Nikki
	18:30 - 19:15	Yoga	Dance Studio	Debbie
Wednesday	11:45 - 12:15	5 Moves	Sports Hall	Mel
	12:00 - 12:45	Hatha Yoga	Dance Studio	Debbie
	12:30 - 13:15	X-FIT	Sports Hall	Jess
	17:45 - 18:30	Coach by Colour Spin	Spin Studio	Jo
Thursday	11:45 - 12:30	Pilates	Dance Studio	Michelle
	12:30 - 13:15	Body Pump	Sports Hall	Nikki
Friday	12:30 - 13:15	X-FIT	Sports Hall	Jess



Class Descriptions

Pilates - A blend of strength and flexibility training to improve posture and reduce stress whilst toning and creating an efficient holistic system in sport and daily activity.

Body Conditioning - Body conditioning combines cardio and resistance work. A whole body experience with a range of exercise techniques that includes aerobics, floor work, weights and resistance training, you're guaranteed a varied class that will hit those areas that other workouts miss.

Circuits Training – A classic circuit training. A mixture of movements and compound exercises that engage muscles throughout your entire body. The short rest periods will allow your heart rate to stay up while refuelling your muscles. Plus, it acts as a sneaky form of cardio!

X-Fit - X-Fit is a strength and conditioning workout that is made up of functional movement performed at a high intensity level. These movements are actions that you perform in your day-to-day life, like squatting, pulling, pushing...Every WOD aims to be a new challenge to conquer.

Coach By Colour Cycle - An indoor cycle class utilising coach by colour LED system to burn calories shape up and increase stamina whilst providing real time feedback to how hard you are working. Can burn up to 600 Calories. 45 mins

Hatha Yoga - A gentle introduction to basic yoga postures includes meditation and stretches to improve flexibility leaving you feeling relaxed and balanced.

5 Moves - 5 functional body weight routines to increase your overall strength and stamina. Suitable for all levels and held outdoors weather permitting.

HIIT – A full body aerobic and strength conditioning workout. This interval-based class combines full body strength training with cardio bursts. Modifications for all levels.

Body Pump - Is a fast-paced, barbell-based workout that's specifically designed to help you get lean, toned and fit. It uses a combination of motivating music, fantastic instructors and scientifically proven moves to help you achieve these targets more quickly than you would working out on your own.