

CLASS TIMETABLE

MON	Social Running Club 12:00 -12:45 Olga PT	INFERNO 12:20-13:05 Nathan	SPIN 30 13:10- 13:40 Olga	Xpress Pump 13:15-13:45 Nathan	Circuits 17:30- 18:15 Olga	Spin 30 18:20- 18:50 Olga	
TUE	Legs Bums & Tums 07:30- 08:30 Samira	Xpress Pump 12:10-12:40 Nathan	Spin 30 12:15- 12:45 Jim	Tabata 12:45- 13:15 Olga	Legs Bums & Tums 13:20- 13:50 Olga	SPIN 30 17:45-18:15 Olga	Pump 18:30- 19:15
WED	Yoga Glow 07:45 – 08:30 Anya	AB Attack 12:15 – 12:45 Nathan PT	Spin 30 12:30- 13:00 Tamara	INFERNO 12:50-13:20 Nathan PT	DYNAMIC Vinyasa YOGA 13:25-14:10 Inga	Circuits 18:00- 18:45 Olga PT	
THU	Legs Bums & Tums 12:10- 12:55 Lily	Spin 30 12:45 –13:15 Tamara	PUMP 13:00-13:45 Craig	HIIT 30 13:20 – 13:50 Olga PT	Dynamic Vinyasa Yoga 18:00 18:45 Nicola		
FRI	INFERNO 12:10 – 12:55 Nathan PT	SPIN 30 12:30- 13:00 Olga PT	Power Yoga 13:15-14:00 Nicola	HIIT 30 13:20- 13:50 Craig PT			
SAT							
SUN							

YOGA

A mindful practice where you flow through postures, connecting your breath with your movement using both gentle and dynamic sequences, longer held static poses and nurturing poses. Find your flow with our Vinyasa Yoga and Power Yoga classes.

HIIT 30

HIIT (High Intensify Interval Training) classes last 30 minutes and delivers muscle toning, fat loss and improved cardiovascular health with workouts that are fast, flexible and fun to do. All workouts based around our Life Fitness SYNERGY frame.

TABATA

This workout is a form of high intensity interval training designed to get your heart rate up in that very hard anaerobic zone for short periods of time.

INFERNO

Contains Cardiovascular exercise along with your own body workout with weights to improve your Strength and endurance at a high-intensity, all-body workout is under an hour 30-45min

SPIN (45 Mins) & XPRESS SPIN (30 Mins)

Is a challenging 30 or 45 minute class that is fun and one of the best ways to improve cardiovascular fitness! Burn serious calories in our high-intensity spin sessions and push yourself beyond your limits! Spin is low impact (easy on joints), so it is suitable for almost everyone. Classes can accommodate all ability levels.

AB ATTACK

A fun packed 30 minutes designed to tone, build and strengthen the abdominal muscles. Ab Attack uses various skills and techniques to target the core muscles; including floor routines, full body stretches and fast-paced exercises.

Legs Bums & Tums (LBT) – is a full body aerobic workout that aims to tone up your **legs, bum and stomach**; great for those who want to lose weight or even for those who simply want to improve their fitness levels.

CIRCUITS

Is a form of body conditioning, endurance **training** or resistance **training** using high-intensity aerobics. It targets strength building and muscular endurance.

Body Pump (45 Mins) & Xpress Pump (30 Mins)

Is the class that builds strength, tones your body & pushes you to the limit every time – be strong with Pump!

Available as a regular 45 minute class or an express 30 minute class.

**** You may find some of our classes include MyZone ****

MYZONE is a new innovative heart rate based system that uses wireless and cloud technology to accurately and conveniently monitor physical activity. It monitors heart rate, calories and time exercising that converts into MYZONE effort Points (MEPs), with a focus on rewarding effort rather than fitness.