

# GROUP EXERCISE TIMETABLE

## MONDAY

am	7.00 - 7.45	Studio Spinning	1
	8.00 - 9.00	Yoga	2
	8.30 - 9.15	Studio Spinning	1
	8.45 - 9.30	Aqua Fit	3
	9.15 - 10.00	Invincibles Aerobics	2
	9.25 - 10.10	Studio Spinning	1
	9.30 - 10.15	Aqua Fit	3
	10.00 - 11.00	Fifty's Fitsteps	2
	10.15 - 11.00	Aqua Fit	3
	10.25 - 11.25	Body Pump	1
	11.30 - 12.15	Body Balance	2

## TUESDAY

6.35 - 6.55	Spinning Tabata	1
7.00 - 7.45	Boxercise	1
8.00 - 9.00	Pilates	2
9.15 - 10.15	Bellicon Rebound	1
9.15 - 10.15	Fitsteps	2
9.30 - 10.15	Circuits	7
10.15 - 11.00	Circuits	7
10.15 - 11.15	Body Balance	2
10.30 - 11.30	Low Impact Zumba	1
11.30 - 12.30	Pilates	2

## WEDNESDAY

8.00 - 9.00	Yoga Somatics	2
8.30 - 9.15	Studio Spinning	1
9.00 - 9.45	Aqua Fit	3
9.15 - 10.15	Zumba	2
9.25 - 10.10	Studio Spinning	1
9.45 - 10.30	Aqua Fit	3
10.20 - 11.20	Pilates	2
10.25 - 11.25	Body Pump	1
11.20 - 12.20	Pilates	2
11.30 - 12.30	Fitsteps For Beginners	1

## THURSDAY

7.00 - 7.45	Boxercise	1
8.30 - 9.30	Pilates	2
9.30 - 10.30	Aerobics	1
9.40 - 10.40	Pilates	2
9.30 - 10.15	Circuits	7
10.15 - 11.00	Circuits	7
10.30 - 11.30	Bellicon Rebound	1
10.40 - 11.40	Pilates	2

## FRIDAY

7.00 - 7.45	Studio Spinning	1
8.00 - 9.00	Fitsteps	2
8.30 - 9.15	Studio Spinning	1
9.15 - 10.00	Invincibles Aerobics	2
9.25 - 10.10	Studio Spinning	1
9.30 - 10.30	Bootcamp	6/7
10.10 - 10.55	Invincibles Aerobics	2
10.25 - 11.25	Body Pump	1
11.00 - 12.00	Invincibles Yoga Somatics	2
11.30 - 12.30	Fitsteps	1

pm	12.15 - 1.15	Somatic Core	2
	1.15 - 2.15	Somatic Core	2
	6.15 - 7.00	Studio Spinning	1
	6.15 - 7.15	Fitsteps	2
	7.15 - 8.15	Pilates	2
	7.15 - 8.15	Body Pump	1
	8.15 - 9.15	Body Balance	2

12.30 - 1.30	Beginners Pilates	2
6.15 - 7.00	Studio Spinning	1
6.15 - 7.15	Fitsteps	2
7.15 - 8.15	Legs, Tums & Bums	2
7.15 - 8.15	Bellicon Rebound	1
8.00 - 9.00	Circuits	4
8.15 - 9.15	Pilates Advanced	2

12.30 - 1.30	Yoga Somatics	2
6.15 - 7.15	Body Pump	1
6.15 - 7.15	Pilates	2
6.30 - 7.30	Circuits	5
7.30 - 8.15	Studio Spinning	1
7.15 - 8.15	Yoga	2

12.00 - 1.00	Body Balance	2
6.15 - 7.15	Yoga Somatics	2
6.15 - 7.00	Studio Spinning	1
7.15 - 8.00	Body Balance	2

12.15 - 1.15	Pilates	2
1.15 - 2.15	Pilates	2
6.15 - 7.15	Body Pump	1
6.15 - 7.15	Fitsteps	2

2 January - 29 March 2018

Key	1 Downstairs Studio	5 Main Hall
	2 Racquets Studio	6 Astro
	3 Swimming Pool	7 Olympic Gym
	4 Gym	

Timetable subject to change. Classes require a minimum of two people to run.

All classes are free to Gold Card members.

Off Peak Gold members are subject to a non-member fee (£8.00) outside of their membership times. This does not include access to the gym.

## SATURDAY

am	9.30 - 10.30	Step	2
	9.30 - 10.30	Bellicon Rebound	1
	10.45 - 11.30	Studio Spinning	1
	10.45 - 11.45	Core & Flex	2

pm

## SUNDAY

9.15 - 10.15	Studio Spinning	1
10.30 - 11.30	Body Pump	1
4.00 - 5.00	Pilates	2
5.00 - 6.00	Pilates	2



WELLINGTON  
HEALTH & FITNESS CLUB

# CLASSES IN THE QUBE: SMALL GROUP EXERCISE TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>am</b>	7.00 - 7.30 TRX 9.30 - 10.00 FST 10.30 - 11.00 FST	7.00 - 7.30 FST 8.45 - 9.15 TRX 9.30 - 10.00 FST 10.30 - 11.00 TRX	7.00 - 7.30 TRX 9.30 - 10.00 TRX 10.30 - 11.00 KB	7.00 - 7.30 FST 9.30 - 10.00 FST 10.30 - 11.00 TRX	7.00 - 7.30 FST 8.45 - 9.15 FST 11.00 - 11.30 KB	8.45 - 9.15 FST 10.30 - 11.00 TRX	8.45 - 9.15 FST 10.30 - 11.00 TRX
<b>pm</b>	6.30 - 7.00 KB 7.30 - 8.00 FST	6.30 - 7.00 FST 7.15 - 7.45 FST	6.30 - 7.00 FST 7.30 - 8.00 FST	6.30 - 7.00 FST 7.30 - 8.00 FST	6.15 - 6.45 FST 7.00 - 7.30 FST		

*Classes in the Qube may include the Queenax Rig with use of the Super Functionals, the Plyometric Platform or the Rebounder to enhance ball skills. Most of our Qube classes will incorporate HIIT (High Intensity Interval Training) - quick intense bursts of exercise followed by short recovery periods.*

## TRX - Total Body Express Resistance Workout

Best-in-class workout system that delivers a fast, effective total-body workout. Simply adjust your body position to add or decrease resistance.

Helps build a rock-solid core. Increases muscular endurance utilising your own bodyweight. Benefits people of all fitness levels and abilities. Includes strength and conditioning, as well as stretching and toning.

## FST - Functional Strength Training

Combination of intense exercises using TRX, Vipers, core bags, boxing gloves and kettlebells for a whole body workout.

Improves strength, toning and conditioning. This workout will also incorporate the Queenax.

## KB - Kettlebells

Kettlebells are cast iron weights shaped like a ball with a handle for easier gripping.

This class offers a different kind of training using dynamic moves targeting almost every aspect of fitness including strength, balance, agility and cardio endurance.



2 January - 29 March 2018

Timetable subject to change. Classes require a minimum of two people to run.

All classes are free to Gold Card members.

Non-members and Off Peak Gold members are subject to a non-member fee (£4.00) outside of their membership times. This does not include access to the gym.