

# GROUP EXERCISE TIMETABLE

MONDAY					TUESDAY					WEDNESDAY					THURSDAY					FRIDAY				
<b>am</b>	7.00 - 7.45	Studio Spinning	Luke	1	6.35 - 6.55	Spinning Tabata	Mark	1	8.00 - 9.00	Yoga Somatics	Gabriel	2	7.00 - 7.45	Boxercise	Gabriel	1	7.00 - 7.45	Studio Spinning	Nikki	1				
	8.00 - 9.00	Yoga	Dorothy	2	7.00 - 7.45	Boxercise	Mark	1	8.30 - 9.15	Studio Spinning	Luke	1	8.00 - 9.00	Pilates	Pat H	2	8.00 - 9.00	Fitsteps	Gabriel	2				
	8.30 - 9.15	Studio Spinning	Claire B	1	8.00 - 9.00	Pilates	Sonia	2	9.00 - 9.45	Aqua Fit	Sam	3	9.00 - 9.45	Pilates Advanced	Pat H	2	8.30 - 9.15	Studio Spinning	Kay	1				
	8.45 - 9.30	Aqua Fit	Mark	3	9.15 - 10.15	Bellicon Rebound	Gabriel	1	9.15 - 10.15	Zumba	Vicky	2	9.30 - 10.30	Aerobics	Nikki	1	9.15 - 10.00	Invincibles Aerobics	Nikki	2				
	9.15 - 10.00	Invincibles Aerobics	Kelly	2	9.15 - 10.15	Fitsteps	Kelly	2	9.25 - 10.10	Studio Spinning	Luke	1	9.50 - 10.50	Pilates	Pat M	2	9.25 - 10.10	Studio Spinning	Kay	1				
	9.25 - 10.10	Studio Spinning	Claire B	1	9.30 - 10.15	Circuits	Gym team	7	9.45 - 10.30	Aqua Fit	Sam	3	9.30 - 10.15	Circuits	Gym team	7	9.30 - 10.30	Bootcamp	Gym team	6/7				
	9.30 - 10.15	Aqua Fit	Mark	3	10.15 - 11.00	Circuits	Gym team	7	10.20 - 11.20	Pilates	Claire B	2	10.15 - 11.00	Circuits	Gym team	7	10.10 - 10.55	Invincibles Aerobics	Nikki	2				
	10.00 - 11.00	Fifty's Fitsteps	Kelly	2	10.15 - 11.15	Body Balance	Kay	2	10.25 - 11.25	Body Pump	Kay	1	10.30 - 11.30	Bellicon Rebound	Pat H	1	10.25 - 11.25	Body Pump	Judy	1				
	10.15 - 11.00	Aqua Fit	Mark	3	10.30 - 11.30	Low Impact Zumba	Vicky	1	11.20 - 12.20	Pilates	Claire B	2	10.50 - 11.50	Pilates	Pat M	2	11.00 - 12.00	Invincibles Yoga Somatics	Gabriel	2				
	10.25 - 11.25	Body Pump	Claire B	1	11.30 - 12.30	Pilates	Pat M	2	11.30 - 12.30	Fitsteps For Beginners	Kelly	1					11.30 - 12.30	Fitsteps	Kelly	1				
11.30 - 12.15	Body Balance	Judy	2																					
<b>pm</b>	12.15 - 1.15	Somatic Core	Sharon	2	12.30 - 1.30	Beginners Pilates	Pat M	2	12.30 - 1.30	Yoga Somatics	Dorothy	2	12.00 - 1.00	Body Balance	Dorothy	2	12.15 - 1.15	Pilates	Judy	2				
	1.15 - 2.15	Somatic Core	Sharon	2	6.15 - 7.00	Studio Spinning	Nikki	1	6.15 - 7.15	Body Pump	Eileen	1	1.00 - 2.00	Body Balance	Dorothy	2	1.15 - 2.15	Pilates Advanced	Judy	2				
	6.15 - 7.00	Studio Spinning	Luke	1	6.15 - 7.15	Fitsteps	Kelly	2	6.15 - 7.15	Pilates	Judy	2	6.15 - 7.15	Yoga Somatics	Dorothy	2	6.15 - 7.15	Body Pump	Kay	1				
	6.15 - 7.15	Fitsteps	Pat H	2	7.15 - 8.15	Legs, Tums & Bums	Nikki	2	6.30 - 7.30	Circuits	Gym team	5	6.15 - 7.00	Studio Spinning	Judy	1	6.15 - 7.15	Fitsteps	Kelly	2				
	7.15 - 8.15	Pilates	Pat H	2	7.15 - 8.15	Bellicon Rebound	Pat H	1	7.30 - 8.15	Studio Spinning	Eileen	1	7.15 - 8.15	Body Balance	Judy	2								
	7.15 - 8.15	Body Pump	Kay	1	8.00 - 9.00	Circuits	Gym team	4	7.15 - 8.15	Yoga	Dorothy	2												
	8.15 - 9.15	Body Balance	Kay	2	8.15 - 9.15	Pilates Advanced	Pat H	2																

30 June - 2 September 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.

A late cancellation fee of £5 may be charged if classes are busy.

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.



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SATURDAY					SUNDAY				
<b>am</b>	9.30 - 10.30	Step	Judy	2	9.15 - 10.15	Studio Spinning	Eileen	1	
	9.30 - 10.30	Bellicon Rebound	Pat H	1	10.30 - 11.30	Body Pump	Eileen	1	
	10.45 - 11.30	Studio Spinning	Judy	1					
	10.45 - 11.45	Core & Flex	Pat H	2					
<b>pm</b>					4.00 - 5.00	Pilates	Heather	2	
					5.00 - 6.00	Pilates	Heather	2	

# 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 FST	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	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 FST 7.30 - 8.00 FST	6.30 - 7.00 FST 7.15 - 7.45 TRX	6.30 - 7.00 TRX 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 Resistance eXercise

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.



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30 June - 2 September 2018

Timetable subject to change. Please arrive in good time to all classes.

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.