

CLASSES IN THE QUBE: SMALL GROUP EXERCISE TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.45 - 07.15 TRX	07.00 - 07.30 FST	06.45 - 07.15 TRX	07.00 - 07.30 FST	07.00 - 07.30 FST	08.45 - 09.15 FST	08.45 - 09.15 FST
09.30 - 10.00 FST	08.45 - 09.15 TRX	09.30 - 10.00 TRX	09.30 - 10.00 FST	08.45 - 09.15 FST	09.45 - 10.15 TRX	09.45 - 10.15 TRX
10.30 - 11.00 FST	09.30 - 10.00 FST	10.30 - 11.00 FST	10.30 - 11.00 TRX			
	10.30 - 11.00 TRX			18.15 - 18.45 FST		
18.30 - 19.00 FST		18.30 - 19.00 TRX	18.30 - 19.00 FST	19.00 - 19.30 FST		
19.30 - 20.00 FST	18.30 - 19.00 FST	19.30 - 20.00 FST	19.30 - 20.00 FST			
	19.15 - 19.45 TRX					

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.

23 April - 1 September 2019

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.