

GROUP EXERCISE TIMETABLE

MONDAY

07.00 - 07.45	Indoor Cycling	Luke	1
08.00 - 09.00	Yoga	Dorothy	2
08.30 - 09.15	Indoor Cycling	Ellie	1
08.45 - 09.30	Aqua Fit	Mark	3
09.15 - 10.00	Inv. Aerobics	Kelly	2
09.25 - 10.10	Indoor Cycling	Ellie	1
09.30 - 10.15	Aqua Fit	Mark	3
10.00 - 11.00	Fitsteps	Kelly	2
10.15 - 11.00	Aqua Fit	Mark	3
10.25 - 11.25	Body Pump	Ellie	1
11.30 - 12.15	Body Balance	Judy	2
12.20 - 13.15	Pilates	Claire R	2
13.20 - 14.15	Yoga Somatics	Gabriel	2
18.15 - 19.00	Indoor Cycling	Luke	1
18.15 - 19.15	Fitsteps	Gabriel	2
18.30 - 19.30	Boot Camp	Chris	7
19.15 - 20.15	Pilates	Gabriel	2
19.15 - 20.15	S&C	Ellie	1
20.15 - 21.15	Body Balance	Gareth	2

TUESDAY

06.35 - 06.55	Spinning Tabata	Mark	1
07.00 - 07.45	Boxing	Mark	1
07.15 - 08.10	Pilates	Sonia	2
08.15 - 09.10	Pilates	Sonia	2
09.15 - 10.15	Bellicon Rebound	Vicky	1
09.15 - 10.15	Fitsteps	Kelly	2
09.30 - 10.30	Circuits	Chris	7
10.15 - 11.00	Yoga Advanced	Gabriel	2
10.30 - 11.30	Zumba	Vicky	1
11.00 - 11.45	Body Balance	Gabriel	2
11.50 - 12.45	Pilates	Nikki H	2
12.50 - 13.45	Pilates Beginners	Nikki H	2
18.15 - 19.00	Indoor Cycling	Nikki	1
18.15 - 19.15	Fitsteps	Kelly	2
19.15 - 20.15	Body Pump	Ellie	1
19.15 - 20.10	Legs, Tums & Bums	Nikki	2
20.00 - 21.00	Circuits	Gym team	4
20.15 - 21.10	Pilates	Nikki H	2

WEDNESDAY

06.35 - 07.05	GRIT	Ellie	1
07.15 - 08.10	Yoga Somatics	Gabriel	2
07.30 - 08.15	Indoor Cycling	Ellie	1
08.15 - 09.10	Yoga Somatics	Gabriel	2
08.30 - 09.15	Indoor Cycling	Ellie	1
09.00 - 09.45	Aqua Fit	Sam	3
09.15 - 10.15	Zumba	Vicky	2
09.25 - 10.10	Indoor Cycling	Eileen	1
09.45 - 10.30	Aqua Fit	Sam	3
10.20 - 11.15	Pilates Advanced	Claire R	2
10.25 - 11.25	Body Pump	Eileen	1
11.20 - 12.15	Pilates	Claire R	2
11.30 - 12.30	Fitsteps	Kelly	1
12.30 - 13.30	Yoga Somatics	Dorothy	2
18.15 - 19.15	Body Pump	Eileen	1
18.15 - 19.10	Pilates	Judy	2
19.15 - 20.15	Yoga	Dorothy	2
19.30 - 20.15	Indoor Cycling	Eileen	1


THURSDAY

07.00 - 07.45	Boxing	Chris	1
07.15 - 08.10	Pilates	Gabriel	2
08.15 - 09.10	Body Balance	Gabriel	2
09.15 - 10.00	Pilates Advanced	Gabriel	2
09.30 - 10.30	Circuits	Chris	7
09.30 - 10.30	Aerobics	Nikki	1
10.05 - 10.55	Pilates	Claire R	2
10.30 - 11.30	Bellicon Rebound	Vicky	1
11.00 - 11.55	Pilates	Claire R	2
12.00 - 12.55	Body Balance	Dorothy	2
18.15 - 19.10	Yoga Somatics	Dorothy	2
18.15 - 19.00	Body Pump	Judy	1
19.15 - 20.15	Body Balance	Judy	2
19.20 - 19.50	GRIT	Chris	1

FRIDAY

07.00 - 07.45	Indoor Cycling	Nikki	1
08.00 - 09.00	Fitsteps	Gabriel	2
08.30 - 09.15	Indoor Cycling	Paul	1
09.00 - 09.45	Aqua Fit	Mark	3
09.15 - 10.00	Inv. Aerobics	Nikki	2
09.25 - 10.10	Indoor Cycling	Paul	1
09.30 - 10.30	Bootcamp	Chris	7
10.10 - 10.55	Aerobics	Nikki	2
10.25 - 11.25	Body Pump	Judy	1
11.00 - 12.00	Inv. Yoga Somatics	Gabriel	2
11.30 - 12.30	Fitsteps	Kelly	1
12.15 - 13.10	Pilates	Judy	2
13.15 - 14.10	Pilates	Judy	2
18.15 - 19.15	Fitsteps	Kelly	2
18.30 - 19.15	Indoor Cycling	Paul	1

10 October - 20 December 2019

Key 1 Studio 1	5 Main Hall	 Holistic
2 Studio 2	6 Astro	 Indoor Cycling
3 Swimming Pool	7 Olympic Gym	 Aerobics & Dance
4 Gym	8 Dance Centre	 Weights Workout
		 Les Mills™

S&C - Strength and Conditioning **Inv.** - Invincibles

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.

SATURDAY

08.15 - 09.15	Body Balance	Judy	2
08.30 - 09.00	GRIT	Ellie/Chris	1
09.15 - 10.00	Circuits	Ellie/Chris	1
09.30 - 10.30	Step	Judy	2
10.30 - 11.15	Indoor Cycling	Paul	1
10.45 - 11.45	Yoga	Richard	2

SUNDAY

09.15 - 10.15	Indoor Cycling	Eileen	1
10.30 - 11.30	Body Pump	Eileen	1
15.25 - 15.55	Pilates Beginners	Heather	8
16.00 - 16.55	Pilates	Heather	8
17.00 - 17.55	Pilates	Heather	8

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
10.15 - 10.30 RS	09.30 - 10.00 FST	10.00 - 10.15 RS	10.00 - 10.15 RS	10.30 - 10.45 RS		
	10.30 - 11.00 TRX		10.30 - 11.00 TRX			
18.30 - 19.00 FST	11.00 - 11.15 RS	18.30 - 19.00 TRX		18.15 - 18.45 FST		
19.00 - 19.15 RS		19.30 - 20.00 FST	17.25 - 17.55 FT			
	17.25 - 17.55 FT		18.30 - 19.00 TRX			
	18.30 - 19.00 TRX		19.30 - 20.00 FST			
	19.15 - 19.45 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.

RS - Recovery Stretch

These sessions are designed to be used after completing an intense class or gym workout.

It is an opportunity to have a full body stretch, when the muscles have been exercised before the class.

FT - FastTrack

These sessions are designed for members aged 12-15 years. A structured class in the Qube focusing on a whole body strength programme.

Arrival on time is essential to aid correct warm up and then follow different exercises and lastly cool down stretches. Booking is essential.

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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.