

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
08.45 - 09.15 FST	08.45 - 09.15 TRX	09.30 - 10.00 TRX	08.45 - 09.15 TRX	08.45 - 09.15 FST	09.45 - 10.15 TRX	09.45 - 10.15 TRX
09.30 - 10.00 FST	09.30 - 10.00 FST	10.00 - 10.15 RS	09.30 - 10.00 FST	10.30 - 10.45 RS		
10.30 - 11.00 TRX	10.30 - 11.00 TRX		10.00 - 10.15 RS			
	11.00 - 11.15 RS	18.30 - 19.00 TRX	10.30 - 11.00 TRX	17.25 - 17.55 FT		
18.30 - 19.00 FST		19.30 - 20.00 FST		18.15 - 18.45 FST		
19.00 - 19.15 RS	17.25 - 17.55 FT		17.25 - 17.55 FT			
	18.30 - 19.00 TRX		18.30 - 19.00 TRX			
	19.15 - 19.45 FST		19.30 - 20.00 FST			
	20.15 - 21.00 Circuits					

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.

Circuits

An all over body workout class in which you do one exercise for 30 seconds to 5 minutes and then move on to another exercise.

Improves strength, toning and conditioning as well as cool down stretches.

2 January - 9 April 2020

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.