

# GROUP EXERCISE TIMETABLE

## MONDAY

|             |                   |         |   |
|-------------|-------------------|---------|---|
| 06.45-07.30 | Indoor Cycling    | Jen     | 1 |
| 07.50-08.45 | Yoga              | Richard | 2 |
| 08.15-08.55 | Aqua              | Mark    | 3 |
| 08.15-09.00 | Indoor Cycling    | Ellie   | 1 |
| 08.55-09.35 | Aqua              | Mark    | 3 |
| 09.00-09.55 | BODYBALANCE       | Gabriel | 2 |
| 09.15-10.00 | Indoor Cycling    | Ellie   | 1 |
| 09.35-10.15 | Aqua              | Mark    | 3 |
| 10.00-10.55 | Fitsteps          | Gabriel | 2 |
| 10.15-11.10 | BODYPUMP          | Ellie   | 1 |
| 11.00-11.45 | Inv Aerobics      | Nikki   | 2 |
| 11.15-12.10 | Legs, Tums & Bums | Lana    | 1 |
| 12.00-12.45 | Inv Yoga Somatics | Dorothy | 2 |
| 12.15-13.00 | SH'BAM            | Megan   | 1 |
| 13.00-13.55 | Yoga Somatics     | Dorothy | 2 |
|             |                   |         |   |
| 18.00-18.55 | S&C               | Lana    | 5 |
| 18.00-18.55 | Pilates           | Claire  | 2 |
| 18.00-19.00 | Bellicon          | Eileen  | 1 |
| 19.00-19.55 | Pilates           | Claire  | 2 |
| 19.15-20.00 | Indoor Cycling    | Paul    | 1 |

## TUESDAY

|             |                   |         |   |
|-------------|-------------------|---------|---|
| 06.35-07.20 | Spinning Tabata   | Mark    | 1 |
| 07.30-08.15 | Boxing Fitness    | Mark    | 1 |
| 07.30-08.25 | Pilates           | Gabriel | 2 |
| 08.30-09.25 | Pilates           | Gabriel | 2 |
| 08.45-09.40 | BODYPUMP          | Hannah  | 1 |
| 09.30-10.25 | Yoga Somatics     | Gabriel | 2 |
| 09.50-10.50 | BODYBALANCE       | Hannah  | 1 |
| 10.30-11.25 | Pilates           | Claire  | 2 |
| 11.00-11.55 | Bellicon          | Vicky   | 1 |
| 11.30-12.25 | Barre             | Claire  | 2 |
| 12.00-12.55 | Zumba             | Vicky   | 1 |
| 12.30-13.25 | Pilates           | Sonia   | 2 |
|             |                   |         |   |
| 18.00-18.45 | Indoor Cycling    | Nikki   | 1 |
| 18.00-18.55 | Yoga              | Richard | 2 |
| 19.00-19.55 | Legs, Tums & Bums | Nikki   | 1 |
| 19.15-20.10 | Fitsteps          | Kelly   | 2 |

## WEDNESDAY

|             |                   |         |   |
|-------------|-------------------|---------|---|
| 07.15-08.00 | Spinning Tabata   | Mark    | 1 |
| 07.30-08.25 | Yoga              | Gabriel | 2 |
| 08.15-09.00 | Indoor Cycling    | Ellie   | 1 |
| 08.15-09.10 | Pilates           | Helen   | 7 |
| 08.30-09.25 | Fitsteps          | Gabriel | 2 |
| 08.30-09.15 | Aqua              | Mark    | 3 |
| 09.15-10.00 | Aqua              | Mark    | 3 |
| 09.15-10.00 | METCON            | Eileen  | 1 |
| 09.30-10.25 | Pilates           | Claire  | 7 |
| 09.30-10.25 | Yoga Somatics     | Gabriel | 2 |
| 10.15-11.15 | BODYPUMP          | Eileen  | 1 |
| 10.30-11.25 | Pilates           | Claire  | 2 |
| 11.30-12.25 | Bellicon          | Vicky   | 1 |
| 11.30-12.15 | Inv Yoga          | Richard | 2 |
| 12.30-13.25 | Yoga              | Richard | 2 |
|             |                   |         |   |
| 18.00-18.45 | Indoor Cycling    | Eileen  | 1 |
| 18.00-18.55 | SH'BAM            | Megan   | 2 |
| 19.00-19.55 | Legs, Tums & Bums | Megan   | 2 |
| 19.00-20.00 | BODYPUMP          | Eileen  | 1 |
| 20.00-20.55 | BODYBALANCE       | Jo      | 2 |







## THURSDAY

|             |             |         |   |
|-------------|-------------|---------|---|
| 08.30-09.25 | Fitsteps    | Kelly   | 2 |
| 09.00-09.55 | Barre       | Hannah  | 1 |
| 08.30-09.25 | Pilates     | Gabriel | 7 |
| 09.30-10.25 | Pilates     | Gabriel | 7 |
| 09.30-10.25 | Zumba       | Vicky   | 2 |
| 10.00-10.55 | Aerobics    | Nikki   | 1 |
| 10.00-10.55 | S&C         | Lana    | 5 |
| 10.30-11.15 | Pilates     | Helen   | 2 |
| 11.30-12.25 | Pilates     | Helen   | 2 |
| 12.30-13.25 | Pilates     | Helen   | 2 |
|             |             |         |   |
| 18.00-18.55 | Bellicon    | Ellie   | 1 |
| 18.00-18.55 | BODYBALANCE | Gabriel | 2 |
| 19.00-19.45 | METCON      | Ellie   | 1 |

## FRIDAY

|             |                |         |   |
|-------------|----------------|---------|---|
| 07.00-07.45 | Indoor Cycling | Nikki   | 1 |
| 08.15-09.00 | Indoor Cycling | Paul    | 1 |
| 08.15-09.00 | Aqua           | Sam     | 3 |
| 08.30-09.25 | Fitsteps       | Gabriel | 2 |
| 09.00-09.45 | Aqua           | Sam     | 3 |
| 09.15-10.00 | Indoor Cycling | Paul    | 1 |
| 09.30-10.25 | BODYBALANCE    | Gabriel | 2 |
| 10.15-11.00 | METCON         | Eileen  | 1 |
| 10.30-11.15 | Inv Aerobics   | Kelly   | 1 |
| 11.15-12.10 | SH'BAM         | Megan   | 1 |
| 11.30-12.25 | Fitsteps       | Kelly   | 2 |
|             |                |         |   |
| 18.00-18.45 | S&C            | Lana    | 5 |

## 19 April - 27 June 2022

|  |                |  |
|--|----------------|--|
| Key 1 Studio 1                             | 4 Gym          |  Holistic         |
| 2 Studio 2                                 | 5 Olympic Gym  |  Indoor Cycling   |
| 3 Swimming Pool                            | 6 Dance Centre |  Aerobics & Dance |
| 7 Robin Dyer Centre                        |                |  Weights Workout  |
| <b>S&amp;C</b> - Strength and Conditioning |                |  Les Mills™       |
| <b>Inv.</b> - Invincibles                  |                |  Aqua             |

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.  
 Non-members are subject to a non-member fee (£8.00). This does not include access to the gym.

## SATURDAY

|             |                |       |   |
|-------------|----------------|-------|---|
| 08.45-09.30 | Bellicon       | Katie | 1 |
| 10.30-11.15 | Indoor Cycling | Paul  | 1 |

## SUNDAY

|             |                |         |   |
|-------------|----------------|---------|---|
| 09.15-10.15 | Indoor Cycling | Eileen  | 1 |
| 10.30-11.30 | BODYPUMP       | Eileen  | 1 |
|             |                |         |   |
| 15.15-16.00 | Pilates        | Heather | 2 |
| 16.15-17.00 | Pilates        | Heather | 2 |
| 17.15-18.00 | Pilates        | Heather | 2 |



# CLASSES IN THE QUBE: SMALL GROUP EXERCISE TIMETABLE

| MONDAY                  | TUESDAY           | WEDNESDAY       | THURSDAY                | FRIDAY          | SATURDAY        | SUNDAY          |
|-------------------------|-------------------|-----------------|-------------------------|-----------------|-----------------|-----------------|
| 06.45-07.15 FST         | 06.45-07.15 TRX   | 06.45-07.15 FST | 06.45-07.15 TRX         | 06.45-07.15 FST | 09.15-09.45 FST | 09.15-09.45 FST |
| 08.45-09.15 TRX         | 08.45-09.15 TRX   | 08.45-09.15 TRX | 07.30-08.00 TRX         | 08.30-09.00 TRX | 10.15-10.45 TRX | 10.15-10.45 TRX |
| 09.30-10.00 Tabata HIIT | 09.30 - 10.00 FST | 09.30-10.00 TRX | 08.45-09.15 Tabata HIIT | 12.30-13.00 FST |                 |                 |
|                         |                   |                 | 09.45-10.15 Tabata HIIT |                 |                 |                 |
| 18.15-18.45 TRX         | 18.15-18.45 FST   | 18.15-18.45 TRX | 18.15-18.45 FST         | 18.15-18.45 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, Vipsrs, core bags, boxing gloves and kettlebells for a whole body workout.

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



## 19 April - 27 June 2022

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

Non-members are subject to a non-member fee (£4.00). This does not include access to the gym.