

GROUP TRAINING PROGRAMME

DAY	CLASS	LEVEL	TIME	INS.
MON	Legs, Bums & Tums	1-3	10.00 - 11.00am	Marie
	Hatha Yoga	1-3	11.00 - 12noon	Susannah
	Pilates		11.00 - 12noon	Carol
	Abs R Us	1-3	12.00 - 1.00pm	Marie
	Capoeria Kids	1-3	4.00 - 5.00pm	Cabocchino
	Hatha Yoga	1-3	7.00 - 8.00pm	Amita
	Ko Bo	1-3	6.30 - 7.30pm	Lucil
	Step & Tone	2-3	7.30 - 8.30pm	Nicole
TUE	Body Pump	1-3	8.30 - 9.30pm	Jennie
	Hatha Yoga	1-3	8.10 - 9.10pm	Amita
	Ease into Aerobics	1	11.00 - 12noon	Wendy
	Young at Heart		12.00 - 1.00pm	
	Hatha Yoga	2	1.00 - 2.00pm	Amita
	Karate		5.00 - 6.00pm	Irfan
	Step	1-2	6.00 - 7.00pm	Eileen
	Pilates		6.15 - 7.15pm	
WED	Body Conditioning	2	7.00 - 8.00pm	Eileen
	Astanga Yoga	2-3	7.30 - 9.00pm	Serena
	Circuit Training	2-3	8.00 - 9.00pm	Wendy
	Hatha Yoga	1-3	11.00 - 12noon	Susannah
	Legs, Bums & Tums (Women only)	2	1.00 - 2.00pm	Eileen
	Body Pump	1-3	6.00 - 7.00pm	Jennie
THU	Step	2	7.00 - 8.00pm	Marie
	Salsa	1-3	8.00 - 9.00pm	Rodolfo
	Pilates	2	8.00 - 9.00pm	Patty
	Body Conditioning	2	10.00 - 11.00am	Marie
	Pilates	2-3	11.00 - 12noon	Carol
	Astanga Yoga	2-3	12.15 - 1.45pm	Donna
	Kids Yoga (5-7 yrs)		4.00 - 4.30pm	Susannah
FRI	Kids Yoga (7+ yrs)		4.45 - 5.30pm	Susannah
	Kick Boxing	1-3	6.00 - 7.00pm	Sophie
	TRI Class	2-3	7.00 - 8.00pm	Marie
	Legs, Bums & Tums	2	8.00 - 9.00pm	Marie
	Legs, Bums & Tums	2	10.00 - 11.00am	Marie
	Step (Women only)	1-2	11.00 - 12noon	Eileen
SAT	Hatha Yoga	1-3	12.00 - 1.00pm	Susannah
	Kids Capoeria		4.30 - 5.30pm	Cabocchino
	Circuit Training	2-3	6.30 - 7.30pm	Sean
	Iyengar Yoga	1-3	7.00 - 8.00pm	Alison
	Pilates	1-2	8.00 - 9.00pm	Patty
	Body Conditioning	2	10.00 - 11.00am	Eileen
SUN	Step	2	11.00 - 12noon	Eileen
	Legs, Bums & Tums	2	12.00 - 1.00pm	Eileen
	Capoeria Adults	1-3	1.00 - 2.30pm	Cabocchino
	Pilates	1-3	4.00 - 5.00pm	Nicky
	Ease into Aerobics	1	10.00 - 11.00am	Kat
SUN	Body Conditioning	1-3	11.00 - 12noon	Kat
	Karate (7-11yrs)	1-3	12.00 - 1.00pm	Irfan
	Chiyoga	1-2	1.45 - 3.00pm	Nicky
	Karate		3.00 - 4.00pm	

CLASS DESCRIPTIONS

HATHA YOGA

Ancient system of exercise for total health of mind and body. It strengthens and relaxes creating emotional and mental calm.

LEGS, BUMS & TUMS

Exactly what it says, a class that targets toning the bum, tum and thighs.

AEROBICS

A combination of high and low impact moves and sequences for a challenging cardiovascular workout.

BODY CONDITIONING

A gentler paced workout designed to tone and condition the whole body.

STEP

This one is for the serious step monsters! A class full of choreographed moves designed to burn calories. Can you handle it?

CIRCUIT TRAINING

A motivating, combined programme which suits all levels of fitness.

KO - BO

Non-contact aerobics class based around martial arts movement.

EASE INTO AEROBICS

A series of low impact, gentle exercise moves which are fun for everyone. No previous experience necessary.

ABS R US

Targeting only the abs and strengthening the core muscle groups.

FITE CLUB

A fun and intensive training programme. Boxing, kick/thai boxing moves used in a dynamic programme which will give that all over the body workout. Learn how to punch, elbow, knee and kick using pads, gloves and learn blocks to defend.

CAPOERIA KIDS/ADULTS

Is a combination of self defence, dance acrobatics and the music created by African slaves in Brazil as a form of martial art.

BODY PUMP

A choreographed weights class. It strengthens and tones muscles.

SALSA

Latin dance class.

STREET JAM

A dance class for kids using street as its influence.

KIDS YOGA (5-7 yrs) (7+ yrs)

Postures are taught to develop body alignment and flexibility.

TRI CLASS

3 in 1 class. A little bit of everything, aerobics, step & toning.

CHIYOGA

Blends the grace, power and effectiveness of Tai Chi with many stretching & breathing exercises and postures of yoga.

ASTANGA YOGA

A dynamic form of yoga and is sometimes referred to as power yoga.

PILATES

Posture and co-ordination through mat and exercises, sometimes using resistance.

YOUNG AT HEART

Gentle exercise for the young at heart all ages welcome.