

# Group Exercise Timetable

Tuesday 3 January - Sunday 28 May 2017



	EARLY MORNING			LUNCHTIME			EVENING			
MONDAY	07:15-08:00 Revolution Atrium	08:00-08:30 Core Atrium		12:15-13:15 Yoga Corry	12:15-13:00 Circuits Upper Hall	12:30-13:00 Queenax Intro Gym 	17:15-18:00 Revolution Atrium	18:00-18:30 Core Atrium	17:15-18:00 ZUMBA fitness Upper Hall	18:15-19:15 LESMILLS BODYCOMBAT Upper Hall
TUESDAY	07:00-07:30 meta fit Corry	07:30-08:30 Queenax Gym	07:30-08:15 Pilates Corry	12:15-12:45 Queenax Gym	12:15-12:45 Revolution Atrium	13:15-14:00 Aqua Jog Pool 	17:15-18:15 LESMILLS BODYPUMP® Upper Hall	18:30-19:00 meta fit Upper Hall	18:15-19:00 Revolution Atrium	19:00-19:15 Ab Blast Atrium
WEDNESDAY	07:15-08:00 Small Group Circuits Various	08:00-08:15 Ab Blast Various		12:15-13:00 BOXERCISE Upper Hall	12:30-13:00 Queenax Gym	13:00-13:15 Ab Blast Gym	17:15-18:00 Pilates Upper Hall	18:15-19:00 Kettlebells Upper Hall	18:15-19:00 Revolution Atrium	19:00-19:30 Core Atrium
THURSDAY	07:00-07:30 meta fit Corry	07:30-08:30 Queenax Gym	07:30-08:15 Pilates Corry	12:15-12:45 Queenax Gym	12:15-12:45 Revolution Atrium	12:45-13:15 Core Atrium	17:15-18:15 LESMILLS BODYPUMP® Upper Hall	18:30-19:00 meta fit Upper Hall	18:15-19:00 Revolution Atrium	19:00-19:15 Ab Blast Upper Hall
FRIDAY	07:15-08:00 Revolution Atrium	08:00-08:30 Core Atrium		12:15-13:15 Yoga Corry	12:15-13:00 Circuits Upper Hall	12:30-13:00 Queenax Intro Gym 	17:15-18:00 Kettlebells Upper Hall	18:00-18:45 BOXERCISE Upper Hall		
SATURDAY			10:00-10:45 Small Group Circuits Various	12:15-13:00 Revolution Atrium	13:00-13:15 Ab Blast Atrium		17:15-18:00 Revolution Atrium	18:00-18:30 Core Atrium		
SUNDAY			10:00-10:45 Small Group Circuits Various	12:15-13:00 Revolution Atrium	13:00-13:15 Ab Blast Atrium		17:15-18:00 Revolution Atrium	18:00-18:30 Core Atrium		

**Ab Blast**

Ab Blast is an intensive workout focused on the mid-section of the body. Short and sharp at only 15 minutes, this class fits nicely into lunch breaks and is perfect for those short on time.  
Intensity: 2 Co-ordination: 1

**Aqua Jog**

Low impact activity. Exercise in water is great for recovery due to the natural massage on the muscles, the low impact helps protect joints, and the water resistance helps tone, shape and increase muscular endurance.  
Intensity: 2 Co-ordination: 2

**Boxercise**

An entire body workout based on the skills and techniques used in the boxing ring. A non contact class that provides a calorie burning workout.  
Intensity: 2 Co-ordination: 2

**Circuits**

A back to basics interval based workout utilising stations for varying exercises. A whole body conditioning class spanning muscular endurance, metabolic conditioning and toning exercises.  
Intensity: 2 Co-ordination: 1

**Core**

A 30 minute session based on developing core stability and improving posture.  
Intensity: 2 Co-ordination: 3

**Kettlebells**

This is a toning and strengthening class using weighted kettlebells for whole body movements to increase lean muscle mass and dynamic strength.  
Intensity: 3 Co-ordination: 1

**Les Mills BodyCombat**

An empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts. Supported by driving music and powerful role model instructors, strike, punch, kick and kata your way through calories to superior cardio fitness.  
Intensity: 3 Co-ordination: 3

**Les Mills BodyPump**

This is the original barbell class that strengthens your entire body. This 60 minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, lifts and curls.  
Intensity: 2 Co-ordination: 2

**Metafit**

This is the original 30-minute metabolic workout that just keeps working. Created by a former Royal Marine Commando, Metafit combines traditional bodyweight exercises with the latest HIIT techniques to set the metabolism on fire.  
Intensity: 3 Co-ordination: 1

**Pilates**

An easy to follow, mixed level workout to help promote strength, flexibility, mobility and balanced muscle development.  
Intensity: 1 Co-ordination: 2

**Queenax**

A small group circuit session based on our functional training rig. It promotes strength endurance and core stability.  
Intensity: 2 Co-ordination: 2

**Revolution**

Revolution is a group cycling class which regulates pedal speed, resistance and seating posture to maximise cardio-fitness levels.

Intensity: 2-3 Co-ordination: 1

**Yoga**

This class aims to improve every aspect of your life; good posture, a fit and supple body, breathing and meditation for the mind and spirit.

Intensity: 1 Co-ordination: 1

**Zumba**

The latest in Latin dance inspired exercise! Shimmy and shake your way to a toned and shapely body. Fitness has never been so much fun!

Intensity: 2 Co-ordination: 3