

GROUP FITNESS TIMETABLE 1 September – 30 September 2019

DRY GROUP FITNESS CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM	metafit. Julie	LES MILLS BODYPUMP Gab	CIRCUIT Jenny	LES MILLS BODYPUMP Gab		
6:30AM					HITSTEP Scott *30 min	
8:30AM						LES MILLS BODYPUMP Jenny
9:15AM				LES MILLS BODYPUMP Gab *45 Min*		
9:30AM	LES MILLS BODYPUMP Gab	BOXING Julie	LES MILLS BODYCOMBAT Mel		LES MILLS BODYPUMP Sandy	LES MILLS BODYCOMBAT Julie/Mel
10:00AM				LES MILLS BODYCOMBAT Mel		
10:30AM	CIRCUIT Gab	HITSTEP Mel *30 min	LES MILLS BODYPUMP Gab		HITSTEP Mel *30 min	PILETES Michelle
11:00AM					Young Heart Pat ★	
11:30AM	YOGA Diana			PILETES Michelle		
5:30PM	LES MILLS BODYPUMP Jenny		LES MILLS BODYCOMBAT Amy	CIRCUIT Daniel		
6:00PM		HITSTEP Scott YOGA Anna				
6:30PM	LES MILLS BODYCOMBAT Julie	LES MILLS BODYPUMP Scott	LES MILLS BODYPUMP Diana	HITSTEP Daniel *55 mins		
7:00PM		YOGA Anna ★		YOGA Anna ★		
7:30PM	YOGA Diana	LES MILLS BODYCOMBAT Christine	CORE STRENGTH Diana	PILETES Michelle		

CYCLE GROUP FITNESS CLASSES



*Tennis Function Room



*BLCS Function Room

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45AM					SPIN Scott	
8:30AM						LES MILLS RPM Daniel
9:00AM	LES MILLS RPM EXPRESS Julie R				LES MILLS RPM EXPRESS Jenny	
9:30AM		SPIN Holly	LES MILLS RPM Julie R	LES MILLS RPM Julie R		LES MILLS RPM Daniel
6:30PM	SPIN Diana	LES MILLS RPM Daniel				

GROUP FITNESS TIMETABLE 1 September – 30 September 2019

DRY GROUP FITNESS CLASSES

LES MILLS

Studio 1 * All Fitness and Aqua Classes run for 55 minutes

Yoga: 'Complete Mind-Body Conditioning'. This traditional class is designed to teach you Yoga postures with the correct breathing and stretching in meditative state, flowing sequences, leaving you revitalised and relaxed. So if you need to either de-stress or work on your balance and inner core strength, get your shoes off and try Yoga today! Suitable for all fitness levels.

Pilates: A system of controlled exercises that engage the mind and condition the total body. The strength and flexibility training helps to improve posture and reduce stress levels.

Zumba®: If you want to find your inner spark, get into Zumba® the hypnotic Latin rhythms and easy-to-follow moves create a fun one-of-a-kind fitness class where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat - be warned it is addictive!

Body Combat: 'Anything more intense would have a rip cord!' This exciting program combines a selection of martial arts including boxing, karate and taekwondo with a focus on endurance training, strength and agility. Suitable for everyone!

Body Pump (55min or 45min option): 'The fastest way in the universe to change your body shape!' Pump is a non-impact program designed to give your body a complete workout using barbells and weights to the latest music. Most of all it develops strength and muscular endurance.

Boxing: This is the ultimate full-body workout! A boxing class combining aerobic fitness with co-ordination using focus mitts and partner exercises.

Circuit X-Change: 'Bring it on!' A hip circuit program with plenty of cool stations, including cardio and resistance training. Feel the calories burn! Suitable for all fitness levels.

Core & Strengthening: The ultimate all over body strengthening and conditioning class.

HITT Step (55mins or 30mins): Is a workout that keeps on working. A non-choreographed, bodyweight only HIIT workout incorporating a step.

Metafit: Is a workout that keeps on working. A non-choreographed, bodyweight only HIIT workout

Young at Heart: A low impact / gentle exercise aerobics/aqua aerobics class for seniors over 50years.

Studio 2

RPM (45mins)/ RPM Express (30mins): is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, interval training and controlling the intensity of your workout with resistance dial and pedal speed.

SPIN (45mins): is a freestyle cycle class designed to test your fitness through mountain peak, speed work and interval training. Discover your athlete within.

Etiquette

- * Please arrive on time, no admittance will be allowed after classes commence or without a class ticket.
- * Class tickets will be issued by reception staff.
- * Please keep the ticket until it is requested by the instructor.
- * Please inform the instructor of any injuries, health problems, pregnancy or special needs.
- * Participants in Group Fitness and Spin classes must be 15 years or over
- * Please be sure to bring a towel & water bottle. Entry will not be permitted without a towel.
- * Aqua participants need to be 12 years
- * No spectators are allowed in any studio room.
- * Children are not allowed to be left unattended.

Sandcastle Crèche – Permitted for children aged 8 weeks to 12 years (primary school)

Monday - 8.45am -12.45pm and 5pm – 8pm

Tuesday, Wednesday, & Friday - 8.45am -12pm

Thursday - 8.45am -12.30pm

Saturday - 8.15am – 11.45am