

December studio timetable (Friday 1st to Friday 22nd December)



MONDAY

| | | |
|---------------|--------------------|----------|
| 07.15 - 08.00 | Circuits | Gym Team |
| 10.00 - 11.00 | Step level 1 | Mandy S |
| 10.00 - 10.45 | Water fit* | Kirsty |
| 11.30 - 13.00 | Yoga and stretch* | Rosemary |
| 13.30 - 14.30 | Precision strength | Emma |
| 18.30 - 19.30 | Total strength | Amanda |
| 19.30 - 20.30 | Burn 360 | Georgia |

TUESDAY

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|---------------|-------------------|----------|
| 07.00 - 07.30 | Total blast | Gym Team |
| 07.30 - 07.50 | Abs-olute core! | Gym Team |
| 09.30 - 10.30 | Step level 3 | Tony |
| 10.30 - 11.30 | Total strength | Lee |
| 11.45 - 12.45 | Pilates* | Amanda |
| 13.00 - 13.45 | Zumba | Steve |
| 18.00 - 19.00 | Body conditioning | Mandy S |
| 19.00 - 20.00 | Step level 2 | Mandy S |
| 20.00 - 20.45 | Zumba latina | Carolina |

WEDNESDAY

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|---------------|--------------------|----------|
| 07.15 - 08.00 | Body blast circuit | Gym Team |
| 09.30 - 10.30 | Aerobics | Steve |
| 10.30 - 11.15 | Fitsteps | Amanda |
| 11.30 - 12.30 | Pilates* | Amanda |
| 13.00 - 14.15 | Yoga | Michelle |
| 18.00 - 19.00 | Pilates | Dana |
| 19.15 - 20.15 | Total strength | Joseph |

THURSDAY

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|---------------|-------------------|----------|
| 07.30 - 07.50 | Abs-olute core! | Gym Team |
| 09.30 - 10.15 | Zumba | Steve |
| 10.00 - 10.45 | Water fit | Tony |
| 10.30 - 11.30 | Body conditioning | Kirsty |
| 11.30 - 13.00 | Yoga* | Rosemary |
| 13.30 - 14.30 | Pilates | Michelle |
| 18.00 - 19.00 | Legs, bums, tums | Mandy S |
| 19.30 - 20.15 | Water fit | Kirsty |

FRIDAY

| | | |
|---------------|-----------------|----------|
| 07.15 - 08.00 | Circuits | Gym Team |
| 09.30 - 10.30 | Body sculpture* | Kirsty |
| 10.30 - 11.30 | Dance fusion | Kate |
| 11.30 - 13.00 | Mindful yoga | Heather |
| 18.00 - 19.00 | Pilates | Heather |

SATURDAY

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|---------------|--------------------|----------|
| 10.00 - 11.00 | Step and sculpt | Mandy S |
| 11.00 - 12.00 | Legs, bums, tums | Mandy S |
| 12.30 - 13.30 | Precision strength | Jonathan |
| 14.00 - 15.30 | Mindful yoga | Victoria |

SUNDAY

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|---------------|--------------------|----------|
| 10.30 - 10.50 | Abs-olute core! | Gym Team |
| 11.00 - 11.45 | Body blast circuit | Gym Team |

Studio class descriptions

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|--------------------|--|
| ABS-OLUTE CORE! | Increase your core strength and shape up for the summer with this twenty minute high intensity workout, hitting your abs from all angles. The perfect quick addition to any weekly routine! |
| BODY BLAST CIRCUIT | This session focuses on high intensity interval training. It works the whole body using body weights and bands. If you are short of time but want maximum results, this is the class for you. |
| BODY CONDITIONING | A complete all over body workout involving aerobics and resistance exercises, an energetic fun class to improve overall fitness and tone up. |
| BODY SCULPTURE | An all over body workout which includes work with body bars, free weights and floor work. |
| BURN 360 | An all over body high energy workout. This class is suitable for people of all levels and abilities, designed to improve your cv fitness, strength, stamina and body shape. Containing a mixture of cardio, resistance and body weight exercise. |
| CIRCUITS | These classes combine cardiovascular and resistance work stations in the studio. Strength and endurance are both targeted, which is suitable for anyone who enjoys working up a sweat with some fun. |
| DANCE FUSION | A dance class involving Broadway jazz and funky moves to name but a few. A fun and energetic class. |
| FITSTEPS | A dance workout that mixes the graceful steps of Ballroom and the up-tempo steps of Latin to create fun-filled classes where you don't even realise you're getting fit! No step involved and no partner required. |
| LEGS, BUMS, TUMS | A conditioning class focusing on those key areas. |
| PILATES | A fusion of western and eastern philosophies, teaches breathing with movement, body mechanics, balance, co-ordination and positioning of the body alignment, increasing strength, mobility and flexibility. |
| PRECISION STRENGTH | Non-impact slow moves to achieve long strong lean muscles and increased core stability. |
| STEP CLASSES | For those who want to work hard, the levels indicating the increase in complexity of the moves and choreography. |
| STEP AND SCULPT | A high intensity workout combining an all over body workout with elements of interval training and step routines. |
| TOTAL BLAST | A 30 minute high intensity full body workout – a non-stop fast and fun mix of cardio, bodyweight and resistance exercises. |
| TOTAL STRENGTH | The ultimate studio weights workout! Works on all the major muscle groups. It strengthens and tones muscles like nothing else! Set moves, so suitable for all, this class gets results! |
| WATER FIT | Eliminates impact and stress on the joints. This class provides a safe and effective conditioning cardiovascular workout. Great for all levels as you get out of it what you put into it. |
| YOGA | Increase your range of motion, strength and flexibility. Enhance relaxation and reduce tension. |
| ZUMBA | Zumba literally means “moving quickly and having fun”, the Latin American dance styles encourage you to move your body. |