Group Fitness Timetable from 11 November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.10am **BodyPump* 45min**	6.10am **Strength Development* 45min**	6.10am **BodyPump* 30min**	6.10am **Strength Development* 45min**	6.10am **Core 30min**		
	7.00am **Shapes 45min**	6.40am **Core 30min**	8.00am **Pilates 45min**	7.00am **Slow Yoga 60min**	8.15am **BODYCOMBAT* 45min**	
9.05am **Dynamic Yoga 45min**	9.05am **Pilates 45min**	9.15am **BODYCOMBAT* 30min**	9.05am **Shapes 45min**	9.15am **BodyPump* 45min**	910am **BodyPump* 60min**	9.00am **Dynamic Yoga 60min**
10.00am **BodyPump* 30min**	10.00am **BodyPump* 45min**	10.00am **Strength Development* 45min**	10.00am **BodyPump* 30min**	10.15am **Shapes 45min**	10.15am **Core 30min**	
10.35am **Core 30min**		10.55am **Pilates Express 30min**	10.35am **Core 30min**		10.55am **Slow Yoga 60min**	10.15am **Strength Development* 45min**
11.15am **Stretch 45min**		11.30am **Stretch 45min**		11.15am **Stretch 60min**		
12.30pm **Strength Development* 45min**	12.30pm **Slow Yoga 55min**		12.30pm **Circuit Starter 45min**	12.30pm **Strength Development* 45min**		
5.10pm **GRIT* 30min**	5.10pm **Core 30min**	5.10pm **BodyPump* 45min**	5.10pm **Strength Development* 45min**			
5.45pm **BodyPump* 30min**	5.45pm **Strength Development* 45min**	6.00pm **Shapes 45min**	6.00pm **BodyPump* 30min**	5.45pm **BodyPump* 60min**		6.00pm **Slow Yoga 60min**
6.20pm **Core 30min**	6.45pm **Dynamic Yoga 55min**		6.35pm **Core 30min**			
7.00pm **Stretch 55min**		7.00pm **Slow Yoga 60min**	7.15pm **Dynamic Yoga 60min**			

* Not available as TeenFit class

Cycle Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6.10am **RPM 45min**	6.10am **SPRINT 45min**	6.10am **RPM 45min**			
6.45am **SPRINT 30min**	7.10am **SPRINT 30min**		7.10am **SPRINT 30min**	6.45am **SPRINT 30min**	8.15am **SPRINT 30min**	
9.15am **RPM 45min**	9.15am **SPRINT 30min**	9.15am **RPM 45min**	9.15am **SPRINT 30min**	9.15am **RPM 45min**	9.00am **RPM 60 60min**	9.15am **RPM 45min**
				10.30am **Cycle Starter 30min**		
6.00pm **RPM 45min**		6.00pm **SPRINT 30min**				

Key:	Alpine Classes	Les Mills Classes	Les Mills SPRINT classes	Yoga Classes	Latest changes

Group Fit Class Descriptions

LES MILLS STRENGTH DEVELOPMENT*: A structured series of workouts that is designed to get you really strong, really fast. Unlike Bodypump, you can move at a tempo that suits you (so not necessarily on the beat of the music) enabling you to bring your focus to your form.

LES MILLS BODYPUMP HEAVY: Makes safe, effective traditional weightlifting accessible to everyone. BodyPump HEAVY uses traditional lifting techniques to perform slow, controlled movements that maximise time under tension to build, influence and deliver measureable performance gains.

LES MILLS SHAPES: Shapes-this is a blend of core training movements from different methodologies like Pilates, barre and power yoga. This new workout sits in our suite of core training offerings.

LES MILLS CORE: Based on cutting- edge scientific research, Corecombines the best of personal training with the energy of group fitness all in just 30 minutes! Honing in on the torso and sling muscles that connect your upper body to your lower body, it's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

LES MILLS BODY PUMP*: The original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weights will get you the results you came for - and fast!

LES MILLS GRIT STRENGTH*: Builds strength and lean muscle. Works all the major muscle groups and sends your metabolism into overdrive to burn fat for hours after the workout. Stimulates the production of growth hormone which reduces fat and helps develop lean muscle

ALPINE PILATES: A body conditioning routine that builds flexibility, strength, endurance, and coordination without adding muscle bulk. Pilates emphasises the balanced development of the body through core strength, flexibility and awareness in order to support efficient, graceful movement. Pilates is one of the best forms of exercise for overall conditioning, toning and relaxation.

SLOW FLOW YOGA: This class moves at a slower pace, allowing time to improve flexibility, mobility, and strength

DYNAMIC YOGA: A strong, energizing yoga class combining flowing movement, balance, and strength-building postures

STRETCH: Our yoga teachers put together a sequence of yoga poses that focus on stretching and relaxing. They might use props and the class will vary with the instructor.

LES MILLS RPM: 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, and interval training. Discover your inner athlete while you sweat and burn to reach your endorphin high.

LES MILLS SPRINT: LES MILLS SPRINT is the indoor cycling workout that pushes you further. 30 minutes of high intensity interval training (HIIT) on a bike, LES MILLS SPRINT motivates you to push your physical and mental limits, led by an expertly trained instructor and a scientifically proven exercise program.

LES MILLS RPM 60: The indoor cycling workout where you ride to the rhythm of powerful music. The RPM Max is like the RPM class but with two extra tracks to extend the length of your ride. Discover your inner athlete while you sweat and burn to reach your endorphin high!

CYCLE STARTER: Cycle Starter is designed to provide a cycling option that is suitable for members with a beginner fitness level. The class is a great introduction to cycle before members progress to RPM and Sprint classes.

CIRCUIT STARTER: Circuit Starter is an entry-level circuit style training class that will target the whole body. All exercises can be made easier or harder to suit different ability levels. You will learn to move well for safe and effective training!

*Not available as TeenFit class