

Fitness Classes - Timetable

3rd Term



Body & Soul
Strength & Conditioning
Cardiovascular
Dance

Studio Base One

(Classes start on Monday 22nd April)

Mon	Tue	Wed	Thur	Fri	Sat	Sun
			Kickboxing 13.00 - 14.00	H.I.T. Circuits 12.15 - 13.00		
Circuits 17.15 - 18.15	Aerobics 17.15 - 18.00	Get Fit Circuits 17.15 - 18.15	LBT 17.30 - 18.30	Circuits 17.30 - 18.30		
	LBT 18.00 - 19.00					

Studio Base Two

(Class token needed)

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Morning Spin 7.45 - 8.30		Rise & Shine Yoga 7.45 - 8.45	Morning Spin 7.45 - 8.30	Hot Yoga 7.45 - 8.45		
Perfect Plank 11.30 - 12.00	Complete Core 11.00 - 12.00	1st Steps Pilates 11.00 - 12.00	Complete Core 11.00 - 12.00	Pilates 11.00 - 12.00	1st Steps Yoga 11.00 - 12.00	Ashtanga Yoga 11.00 - 12.00
Cardio Kick 12.15 - 13.00	Aerobiking 12.00 - 12.45	Dance Fusion 12.00 - 13.00	Aerobiking 12.00 - 12.45	Complete Core 12.00 - 12.45	Pilates 12.00 - 13.00	
Hatha Yoga 13.00 - 14.00	Ashtanga Yoga 13.00 - 14.00	Complete Core 13.00 - 13.45	Pilates 13.00 - 14.00	Hatha Yoga 13.00 - 14.00	Zumba 13.00 - 14.00	
Dance Fusion 17.30 - 18.30	Pilates (I) 17.30 - 18.30	Bokwa 17.30 - 18.30	Belly Dance 18.00 - 19.00	Zumba 17.15 - 18.15		
Complete Core 18.30 - 19.30	Zumba 18.45 - 19.45	Aerobiking 18.30 - 19.30	Power Yoga 19.00 - 20.00	Power Yoga 18.30 - 19.30		
Ashtanga Yoga 19.45 - 20.45	Vinyasa Flow 20.00 - 21.00	Yoga Flow 19.45 - 20.45				

Swimming Pool/ Gym

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Fast Abs 13.00 - 13.15 GYM	Swim Club 18.00 - 19.00 POOL	Fast Abs 13.00 - 13.15 GYM		Aqua Fit 13.00 - 13.45 POOL	General Swim 9.00 - 17.00 POOL	Pool Closed

Energybase Fun Runners

(Meet at Energybase Reception)

Mon	Tue	Wed	Thur	Fri	Sat	Sun
	Fun Runners 11.00 - 12.00 OUTSIDE			Fun Runners 11.00 - 12.00 OUTSIDE		

Swimming Pool Opening Times

Mon – Fri: 7:30 - 19.00 | Sat: 9.00 - 17.00 | Sun: Closed for club use

Energybase opening times

Mon – Fri: 7.30 - 22.00 | Sat & Sun: 9.00 - 21.00