



## fitness class timetable

### MONDAY

0930 - 1015	Body Conditioning	Zoe
1230 - 1315	Vinyasa Flow Yoga	Dil
1745 - 1830	Cardio Combat	Dani
1840 - 1920	Bootcamp-FXT	Zoe
1925 - 2005	Kettlebell Workout	Dani
2010 - 2050	Power Yoga	Ciara

### TUESDAY

0630 - 0710	Kettlebell Workout	Dani
0930 - 1015	Les Mills Bodypump	Emma
1030 - 1130	CrossFit (Fort Ashton)	Dan
1230 - 1315	Pilates Conditioning	Kay
1230 - 1330	CrossFit (Fort Ashton)	Dan
1745 - 1825	Les Mills Bodypump	Zoe LH
1830 - 1930	X-Run Bootcamp	Dani
1830 - 1915	Piloxercise	Izzy
1920 - 2005	Hatha Yoga	Ella

### WEDNESDAY

0930 - 1015	Legs, Bums, Tums	Miri
1015 - 1100	Pilates Conditioning	Miri
1215 - 1255	Body Conditioning	Sarah D
1300 - 1345	Vinyasa Flow Yoga	Jo
1730 - 1810	Legs, Bums, Tums	Zoe
1815 - 1855	Body Conditioning	Jack
1900 - 1940	BoxFit	Zoe
1950 - 2000	Beginner Pilates Intro	Lorraine
2000 - 2045	Pilates Conditioning	Lorraine

### THURSDAY

0645 - 0715	Sunrise Power Yoga	Sian
1020 - 1100	Hatha Yoga	Corinne
1030 - 1130	CrossFit (Fort Ashton)	Dan
1230 - 1330	CrossFit (Fort Ashton)	Dan
1730 - 1810	Les Mills BodyPump	Donna
1815 - 1855	Cardio Combat	Dani
1830 - 1930	X-Run Bootcamp	Luke
1900 - 1940	Blitz Step	Dani
1945 - 2030	Hatha Yoga	Maria

### FRIDAY

0630 - 0710	Body Conditioning	Sarah D
0915 - 1000	Bootcamp-FXT	Vicky M
1230 - 1315	Body Conditioning	Vicky M
1730 - 1815	Circuits	Zoe
1830 - 1930	£ Kids Karate (07765 43 991)	Hannah
1930 - 2100	£ Adult Karate (07799 151 362)	Simon

### SATURDAY

0915 - 1015	Bootcamp-FXT	Sarah D
1045 - 1130	BoxFit	Sarah D
1135 - 1220	Hatha Yoga	Jackie

### SUNDAY

0945 - 1030	Circuits	Zoe
1115 - 1215	Hatha Flow Yoga	Nicola
1230 - 1320	Vinyasa Flow Yoga	Bree

## spin timetable

### MONDAY

0615 - 0700	Spin Workout	Sarah D
1230 - 1315	Spin Workout	Dave
1750 - 1830	Spin Workout	Zoe
1900 - 1945	Spin Workout	Paul

### TUESDAY

0930 - 1015	Spin Workout	Vicky M
1800 - 1845	Spin Workout	Donna
1900 - 1940	Spin Workout	Sarah D

### WEDNESDAY

0615 - 0700	Spin Workout	Zoe
1815 - 1900	Spin Workout	Paul
1915 - 1955	Spin Workout	Stu

### THURSDAY

0930 - 1015	Spin Workout	Corinne
1230 - 1315	Spin Workout	Dave
1745 - 1825	Spin Workout	Paul
1835 - 1915	Spin Workout	Donna

### FRIDAY

0630 - 0715	Spin Workout	Corinne
1815 - 1845	Tabata Spin Workout	Sarah W

### SATURDAY

0900 - 1000	Spin & Abs	Paul
1015 - 1100	Spin Workout	Stu

### SUNDAY

0915 - 1000	Spin & Abs	Stu
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**LES MILLS**  
**BODYPUMP**



Classes can be booked from 48 hours in advance, and cancelled up to 90 minutes beforehand via your online account. Non-members will need to register on our website as a PAYG or MoveGB members. This will ensure you have direct access to all class registration in the future.

Members will be charged £2 for cancelling within 90 minutes of, or missing any class, while MoveGB and PAYG participants will be charged the full session rate. If you have added your name to a waiting list, please check your emails 90 minutes prior to the class start. The instructor will have a list of class participants - please ensure you tick your name off to avoid being charged. Cheers!

If you'd like to sign up for Karate, please call the relevant instructor to book. Karate is £4 per session payable to the instructor on the day.

# GROUP FITNESS CLASS

## descriptions

### SIVANANDA YOGA

Improves circulation, massages the internal organs and improves organ function. A flexible and strong spine enhances blood circulation and keeps the body young and powerful. This style of Yoga is both flowing and restorative, relaxing but frequently challenging, focusing on both physical alignment and the feelings of the emotional body (suitable for all fitness levels).

### HATHA YOGA

Increases flexibility including joint and muscle mobility. It is a combination of physical and mental techniques including relaxation, breathing, flowing and static poses to help heal the mind and body (suitable for all fitness levels).

### VINYASA FLOW YOGA

Co-ordinating movement with breath to flow continuously from one pose to the next. Vinyasa has both physical and mental benefits. Releases harmful toxins and energises your body. Mentally calming and allowing your mind to relax.

### POWER YOGA

Power Flow is a Dynamic form of Vinyasa yoga. The energetic sequences are designed to strengthen the entire body. The interlinking movements challenge you physically while the music and creative sequencing allow you to get lost in the movement and refocus your mind. Whether you are new to yoga or a frequent practitioner there are plenty of adjustments to allow you to get the most out of your class. Get ready to feel strong, energised and focused.

### KETTLEBELL WORKOUT

Kettlebell Workout is a full body strength and conditioning class using only bodyweight exercises, an exercise mat, and Kettlebells. Kettlebells come in a range of weights so you can find one to suit you and to build your strength over time. It's a fantastic total body workout that helps strengthen your core and posture whilst also improving power, stamina, and total body strength.

### LES MILLS BODY PUMP



A BODYPUMP workout is an exercise to music class that shapes, tones and strengthens your entire body. The class usually features multiple music tracks, each focusing on a different muscle group. While instructors will often mix and match the tracks, you can always expect to do a good dose of squats, deadlifts, clean and presses, lunges and bicep curls. And, more often than not you'll find push ups, chest presses, overhead presses and crunches are part of the mix too (suitable for all fitness levels).

### PILOXERCISE

Carnival Fitness® is by far the most popular of PILOXERCISE classes. It is an Afro-Caribbean fusion incorporating basic dance steps with body-weighted exercises, partnered with pure Carnival vibes. No rhythm needed and 2 left feet welcome!



### CROSSFIT



CrossFit is a strength and conditioning programme. It incorporates elements of gymnastics, weightlifting, powerlifting, rowing, bodyweight movements, and much more. This is usually performed under high intensity.

# BOOTCAMP FXT

(45mins) Bootcamp-FXT classes are delivered indoors and are designed to improve your all-round functional fitness, strength, metabolic conditioning and athleticism.

Our functional X-training coaches utilise advanced Hiit training principles, functional movements, unconventional training techniques and whole-body strength exercises in order to produce a fun, time efficient and results driven workout.

Each class starts off with a heart raising warm-up and a dynamic mobility improvement session, before moving on to technique drills and movement practice and then finishing the class with a high energy 20-minute functional X-Hiit workout.

All Bootcamp-FXT classes have scaled exercise and workout alternatives in order to ensure they cater for all abilities, from the complete beginner right through to the advanced exerciser.



# X-MOBILITY BOOTCAMP



(30 mins) X-Mobility classes are indoor low impact bodyweight and movement sessions that are professionally designed to help improve your range of motion through your joints, flexibility, balance, functional movement, core strength and whole-body mobility.

Movement is fundamental to your everyday existence and is the proverbial 'glue' that not only underpins all of your 'athletic' endeavours but also sets you up for long term success in life.

Mobility improvement and injury prevention is at the core of all of our functional x-training class programs, and our X-Mobility classes will not only have you working up a sweat, but will also help you master the art of effective human movement!

X-Mobility classes cater for all abilities, from the complete beginner right through to advanced.

# X-RUN BOOTCAMP

(45-60mins) Outdoor classes that focus on all aspects of running fitness; including endurance running, speed, agility, strength and power. Classes also include professionally designed drills and bodyweight exercises that will help improve your overall running performance and technique.

Our X-Run program is fun, energetic and varied. One week you could find yourself taking on an off-road trail experience, and the next you could be focusing on your 100m sprint performance!

All classes are professionally designed in order to ensure progression and measurable results. Classes have scaled exercise and workout alternatives in order to ensure they cater for all abilities, from the complete beginner right through to the advanced exerciser.



## SPIN WORKOUT

A static bike class combining stamina, strength and endurance. A great cardio workout, ideal for fat burning and improving fitness. Your instructor will lead you through a variety of drills including hill climbs, sprints, interval training and more (suitable for all fitness levels).

## BLITZ STEP

An energetic class using a step, bodyweight exercises and high intensity interval training techniques (suitable for all fitness levels).

## LEGS, BUMS, & TUMS

A low impact strength and toning class that uses exercises to specifically target your legs, glutes, and abs (suitable for all fitness levels).

## BOXFIT

A high energy and boxing themed fitness class, using punching combinations, pad work, skipping and bodyweight exercises (suitable for all fitness levels).

## CIRCUITS

A full body strength and conditioning class which involves working your way around different exercise stations and performing each exercise as many times as you possibly can in a set amount of time (suitable for all fitness levels).

## BODY CONDITIONING

In this class your instructor will use the studio barbells, resistance bands, steps, and bodyweight exercises to guide you through a low impact, full body strength and toning workout (suitable for all fitness levels).

## CARDIO COMBAT

Cardio combat is a whole-body workout inspired by martial arts movements. This 'exercise to music class' combines a variety of kicks, punches and other movement routines together in order to produce a awesome fat burning experience.

Classes can be booked from 48 hours in advance, and cancelled up to 90 minutes beforehand via your online account. Non-members will need to register on our website as a PAYG or MoveGB members. This will ensure you have direct access to all class registration in the future.



Members will be charged £2 for cancelling within 90 minutes of, or missing any class, while MoveGB and PAYG participants will be charged the full session rate. If you have added your name to a waiting list, please check your emails 90 minutes prior to the class start. The instructor will have a list of class participants - please ensure you tick your name off to avoid being charged. Cheers!