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GROUP EXERCISE TIMETABLE

Summer Timetable from August 12th 2024

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| MONDAY |  | |  |  |  | TUESDAY |  |  |  |
| TIME | CLASS | INSTRUCTOR | | STUDIO |  | TIME | CLASS | INSTRUCTOR | STUDIO |
| 07.00-07.30 | Synergy Rig Circuit | Kieran | | Gym |  | 07.00-7.30 | \*V\* Indoor Cycle | Virtual | Cycle |
| 09.15-10.00 | Indoor Cycle | Trish | | Cycle |  | 09.00- 09.45 | Aqua Fit | Trish | Pool |
| 09.15-10.00 | Aqua Zumba | Jo | | Pool |  | 09.30-10.15 | LesMills BodyCombat | Juliet | Main |
| 10.15-11.00 | Aqua Zumba | Jo | | Pool |  | 10.00-10.45 | Aqua Fit | Trish | Pool |
| 10.15-11.15 | Pilates | Jade | | Mind & Body |  | 10.30-11.15 | Pilates | Juliet | Mind & Body |
| 10.15- 10.45 | Body Sculpt | Trish | | Main |  |  |  |  |  |
| 12.00-12.45 | Pilates | Tat | | Mind & Body |  |  |  |  |  |
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| 18.00-19.00 | Pilates | Tatjana | | Mind & Body |  | 18.00-18.45 | Zumba | Sarah | Main |
| 18.00-18.45 | LesMills BodyPump | Rob | | Main |  | 18.30-19.30 | Yoga Vinyasa | Jade | Mind & Body |
| 19.00-20.30 | Men’s Club Night |  | | Tennis Courts |  | 19.00-19.45 | Body Conditioning | Gym Team | Main |

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| WEDNESDAY |  |  |  |  | THURSDAY |  |  |  |
| TIME | CLASS | INSTRUCTOR | STUDIO |  | TIME | CLASS | INSTRUCTOR | STUDIO |
| 09.15-10.00 | Indoor Cycle | Liz | Cycle |  | 09.00-09.45 | Cardio Tennis | Eduardo | Courts |
| 09.30-10.30 | Pilates | Tatjana | Mind & Body |  | 09.30-10.15 | Step Tone | Natasha | Main |
| 10.15-10.45 | Body Sculpt | Gym Team | Main Studio |  | 10.30-11.15 | Keep Active | Sarah | Main |
| 12.45-13.30 | Pilates | Tat | Mind & Body |  | 10.30-11.15 | Les Mills Body Balance | Natasha | Mind & Body |
|  |  |  |  |  |  |  |  |  |
| 17.45-18.30 | Cardio Mix | Georgina | Main |  | 18.15-18.45 | Express Class-  Synergy Rig | Gym Team | Gym |
| 18.45-19.30 | Body Conditioning | Gym Team | Main |  | 19.00-20.00 | Les Mills Body Balance | Trish | Mind & Body |
| 19.00-19.45 | Aqua Fit | Trish | Pool |  | 19.30-20.15 | Aqua Zumba | Jo | Pool |
| 19.30-21.00 | Pickle Ball | Dan | Courts |  |  |  |  |  |

PTO FOR FRIDAY- SUNDAY

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| FRIDAY |  |  |  |  | SATURDAY |  |  |  |
| TIME | CLASS | INSTRUCTOR | STUDIO |  | TIME | CLASS | INSTRUCTOR | STUDIO |
| 07.00-07.30 | Synergy Rig Circuit | Kieran | Gym |  | 08.00-09.00 | Body Pump | Rocky | Main |
| 09.15-10.00 | Indoor Cycle | Ty | Cycle |  | 09.15-10.00 | Indoor Cycle | Matt | Cycle |
| 09.30-10.15 | Zumba | Sarah | Main |  |  |  |  |  |
| 09.30-10.15 | Aqua Fit | Hilary/Trish | Pool |  |  |  |  |  |
| 10.30-11.15 | Aqua Fit | Hilary/Trish | Pool |  |  |  |  |  |
| 10.30-11.15 | Body Conditioning | Gym Team | Main |  |  |  |  |  |
|  |  |  |  |  | **SUNDAY** |  |  |  |
|  |  |  |  |  | TIME | CLASS | INSTRUCTOR | STUDIO |
| 18.00-18.45 | Cardio Tennis | Dan | Courts |  | -99.30-10am | Express Class-  Synergy Rig | Gym Team | Gym |
| 19.00-21.00 | Intermediate Club Night |  | Courts |  | 10..15-11.15 | Pilates | Jean | Mind & Body |

CLASS DESCRIPTIONS:

**Synergy Rig: Small Group Training (Max 6 people) around the rig in the gym- Circuit style to target cardio, weights, and resistance.**

*Indoor Cycle: A group exercise class on bikes. This class is a real calorie burner not to be missed.*

**Aqua Zumba: Combines Zumba rhythm and dance step within the water!**

*Aqua Fit: A fun filled water workout which uses aerobic moves together with resistance exercises.*

**Pilates: This workout is mat based with the focus on core stabilisation, postural alignment, flexibility, and relaxation.**

*Body Sculpt/Body Conditioning: Involves using weights/Bodyweight to tone and strengthen all over body muscles.*

**Les Mills Body Pump: Uses barbells and adjustable weights to tone and condition muscles while raising metabolic rate for rapid fat-burning.**

*Les Mills Body Balance: Combines the likes of Yoga and Tai Chi and Pilates. Controlled breathing, concentration, and a carefully structured series of stretches, moves and poses create a holistic workout that brings the body into a state of harmony and balance.*

**Men’s Club Night: Bookable forum where everyone is welcome, where you will be mix & matched on the night.**

*Zumba: Is a fitness program that combines Latin and international music with dance moves.*

**Vinyasa Yoga: In this class the basic foundational yoga postures are practiced aligning, strengthen, and promote flexibility in the body.**

*20:20:20: 20mins of Cardio, 20mins of Body Sculpting, 20mins of Core workout.*

**Pickleball: A fun sport that combines elements of badminton, tennis & table tennis.**

*Cardio Tennis: A series of Tennis based drills and activities played to up-tempo music on a tennis court. All based on burning calories, increasing heart rate and having fun!*

**Step & Tone: A energising class which helps you tone up combined with a fun step class.**

*Keep Active: A fun, low impact workout specifically designed to improve general fitness, posture, and flexibility. For anyone and everyone.*

**Tone & Stretch: Low impact, low intensity workout that will tone your muscles, increase range of motion & flexibility.**

*\*V\* Virtual Indoor Cycle: Performed on the bike, only difference is the instructor!*

**Cardio Mix: A fun filled class that involves a mix of cardio and weight resistance exercises.**

*Les Mills Body Combat: High Energy martial arts inspired workout that is totally non-contact. Punch & kick your way to fitness (no experience needed).*

**Intermediate Club Night: Must have an intermediate or above skill at Tennis- Open forum where everyone is welcome, where you will be mix & matched on the night.**

* *Please note NOT all our instructors are prenatal trained and you may not be able to take part in certain classes if you are pregnant unless you have checked with your doctor and/or discussed with the instructor beforehand. Please let us know in advance if you need to discuss this.*