

## EXERCISE TIMETABLE

### January 2019-April 2019

DAY	TIME	CLASS	INSTRUCTOR	DESCRIPTION
MON	6:15pm – 6:30pm	Flexibility	Steven	Improve your flexibility with a program of stretches.
	6:30pm – 7:15pm	Circuits	Steven	A variety of exercises to challenge all major muscles.
	6:30pm – 7:30pm	Combat (B)	Katie	An aerobics class that mixes various styles of martial arts to get you fighting fit.
	7:30pm – 8:30pm	Pump (B)	Katie	A structured barbell class for a great total body workout.
	7:30pm – 8:30pm	Pilates (B)	Kay	Great for abs, core and lower back.
TUE	6:00pm – 6:30pm	Back To Fitness	Steven	Great for those who need an introduction to fitness.
	6:30pm – 7:00pm	RIP Fitness (B)	Steven	Use Kettlebells for a cardio, resistance and core workout.
	6:00pm – 6:30pm	Meta Fit	Emily	High intensity body weight workout.
	6:30pm – 7:30pm	Zumba	Emily	Zumba uses fun, hot Latin steps for a great fitness class.
	7:30pm – 8:15pm	Pump (B)	Olga	A structured barbell class for a great total body workout.
	7:30pm – 8:30pm	Freestyle Fitness Yoga	Helen	Flowing Yoga moves to improve strength and flexibility.
WED	6:00pm – 6:15pm	Circuits Technique	Lauren	A chance to practise a range of movement patterns to ensure safe and effective lifting.
	6:15pm – 7:00pm	Circuits	Lauren	A variety of exercises to challenge all major muscles.
	6:30pm – 7:30pm	Pilates Intermediate (B)	Kay	Great for abs, core and lower back.
	7:15pm – 8:15pm	Legs, Bums & Tums	Judy	A great class to focus on those key problem areas.
	7:30pm – 8:30pm	Pilates Beginners (B)	Kay	Great for abs, core and lower back.
THU	6:00pm – 6:30pm	Strong	Tunde	High Intensity Interval workout led by the tempo of music.
	6:15pm – 7:15pm	HIIT (B)	Helen	High Intensity Interval Training using steps and weights.
	6:30pm – 7:30pm	Zumba	Tunde	Zumba uses fun, hot Latin steps for a great fitness class.
	7:30pm – 8:15pm	Brutal 45	Steven	High Intensity Strength & Conditioning class. Bootcamp Inspired.
	7:30pm – 8:30pm	Freestyle Fitness Yoga	Helen	Flowing Yoga moves to improve strength and flexibility.
FRI	6:00pm – 7:00pm	Body Blitz	Lauren	A blend of HIIT training and weights to get a full body workout.
	7:30pm – 8:30pm	Vinyasa Yoga	Gozel	Vinyasa's strength is in its diversity. Classes are dynamic and fun.
SAT	9:00am – 10:00am	Body Conditioning	Judy	A great start to your weekend with a conditioning class.
	9:00am – 10:00am	Pilates (B)	Justine	Great for abs, core and lower back.

#### Class Prices (Non Members Only):

60 Minutes: £6.00                      45 Minutes: £5.50                      30 Minutes: £4.50                      15 Minutes: £3.00

#### Booking Classes:

Classes marked (B) require advance booking. Classes can be booked at reception, over the phone (01276 670316) or emailed to [sportscentre@tomlinscoteschool.com](mailto:sportscentre@tomlinscoteschool.com).