

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
5:00am	HIIT45	HIIT STRENGTH	HIIT45	HIIT STRENGTH	HIIT45	7:00am	LesMILLS RPM	
6:00am	HIIT45	HIIT STRENGTH	HIIT45	HIIT STRENGTH	HIIT45	7:00am	HIIT45	
6:00am	LesMILLS sprint	LesMILLS RPM	BOOT CAMP	LesMILLS sprint	LesMILLS BODYPUMP 45	7:30am		HIIT45
9:10am	LesMILLS BODYPUMP	REVITALISE	HIIT45	REVITALISE		8:00am	HIIT45	
9:10am		LesMILLS sprint		HIIT45	LesMILLS CORE	8:00am	LesMILLS BODYPUMP	
9:45am					LesMILLS GRIT	9:00am		LesMILLS RPM
1:00pm	HIIT30		HIIT30		HIIT30	9:00am		LesMILLS BODYPUMP
1:00pm	LesMILLS RPM	LesMILLS GRIT	LesMILLS sprint	LesMILLS BODYPUMP 45	LesMILLS sprint	9:15am	YOGA	
5:30pm	HIIT45	LesMILLS BODYPUMP	HIIT45	LesMILLS BODYPUMP	HIIT30			
5:30pm	LesMILLS RPM		LesMILLS RPM	HIIT45	LesMILLS sprint			
6:00pm	LesMILLS BODYPUMP	LesMILLS sprint			LesMILLS BODYBALANCE			
6:30pm		LesMILLS CORE						
7:00pm	LesMILLS BODYBALANCE							

AQUA FITNESS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
6:30am	AQUA		AQUA		AQUA	6:30am		
11am				AQUA		11am		
6:00pm	AQUA			AQUA		6:00pm		



CLASS DESCRIPTIONS



HIIT: High Intensity Interval Training at fitness perfection is run in a 30 minute format and 45 minute format. A training technique in which you will give all-out one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This class will involve boxing, skipping, rowing, jumping, running and body weight movements. This circuit style class will run for 45 minutes and will incinerate fat and burn calories long after you've finished.

LES MILLS GRIT™ Strength is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups. LES MILLS GRIT Strength takes cutting-edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

BODYPUMP™, a total body workout that will burn calories, shape and tone your entire body, increase core strength and improve bone health. BODYPUMP is available as either a 55, 45 or 30-minute workout. World leading Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own!

LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results. The 30 minutes you put into a LES MILLS SPRINT workout drives your body to burn calories for hours. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals, fast

RPM™ is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 500 calories a session**. With great music pumping and the group cycling as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. In an RPM workout you repeatedly rotate the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness.

BOOTCAMP: Look out for this class in the warmer months of the year on the group fitness timetable. A combination of strength, cardio, endurance, power and core exercises using functional movement patterns. You will target all major muscle groups in one workout. All levels of fitness welcome and perfect for those who love training outdoors rain, hail or shine.

OPENING HOURS:

Monday – Friday 5am -8pm
Saturday: 6am – 2pm
Sunday: 7am – 1pm

CRÈCHE HOURS

Monday – Friday: 9am – 11am

Ideal for anyone and everyone, **BODYBALANCE™** is a new generation yoga class that will improve your mind, your body and your life. You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started.

YOGA: Slow, flowing movements and stretching. It is good for increasing flexibility, alignment, balance and gentle strengthening. It is also great for body/mind stress management and relaxation. Body centring allows a much better mind-to-body connection during yoga poses. Having a regular yoga routine will greatly benefit and enhance every other activity in your life.

REVITALISE: A well paced class for the young at heart. A low impact workout designed for all levels of health and fitness. A combination of resistance, cardio, core and flexibility exercises. Stay and join us for a cuppa and chat after class. Meet with old friends or make new ones here.

LES MILLS CORE™ is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do. All the moves in LES MILLS CORE have options, so it's challenging but achievable whatever your level of fitness. During the workout, trained Instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as bodyweight exercises like crunches, and hovers. Plus there are some hip, butt and lower back exercises too.

HIIT STRENGTH: High Intensity Interval Training with weights. This is slower paced than the traditional HIIT class with the intensity coming from heavy weight moving slower focusing on range and depth. This class will have a primary focus on weights and correct technique. This strength focused class will run for 45 minutes and will increase strength and burn calories long after you've finished.

AQUA: A great low impact cardiovascular exercise class in the water. It's an ideal way of exercising whilst protecting the limbs and joints using the water for support, resistance and privacy. Do not underestimate the powerful benefits of H2O.