

Monday	TIME	CLASS	DESCRIPTION
	18:30	Ab Attack 20mins	Blast those abs with this short but intense strictly abdominal workout.
	19:00	Sweat! 45mins	High intensity interval session combining weights, bodyweight movements and different cardio techniques to get you burning fat and sweating!
	19:55	Soca /Step 60mins	ELEVATE YOUR FITNESS PARTY! Soca/Zumba Step is a combination of upbeat rhythms and glutes- shaping elements of a step class. The result is a lower-body sculpting workout that is fun, easy to follow and gives amazing results.
Tuesday	TIME	CLASS	DESCRIPTION
	19:00	STRONG by Zumba 30 min	STRONG by Zumba is a High Intensity Interval Training class using more traditional fitness moves for a more athletic, conditioning-style workout. You use your own body weight as resistance to achieve muscle definition. This class will push you past your limits to reach your fitness goals.
	19:30	Pilates 30min	Pilates is a body rehabilitation method based on the fusion of mind and body. This results in improved posture, flexibility and strength, achieved through awareness and the practice of centring, concentration, control, precision and breathing, using the core muscles of the body.
	20:05	Breathless 30mins	HIIT workout, designed to improve strength, build lean muscle & shed body fat. This workout uses barbells & weighted plates blasting all major muscle groups. Breathless takes HIIT combines it with powerful motivating music for you to go harder for longer, increasing your strength & fitness levels.
Wednesday	TIME	CLASS	DESCRIPTION
	18:45	HIIT Body Blast 30mins	A breakthrough in resistance workout training, focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.
	19:15	HIIT Core Blast 30mins	This 30 minute workout combines high-intensity cardio with exercises that work your core from every angle. By alternating intense isometric work (eg planks), targeted bending and twisting actions, plus high-energy core cardio (eg mountain climbers), stimulating the core muscles in every way.
	19:45	Cycle Blitz 45mins	A group cycle session guaranteed to make sure that you have a good time sweating to upbeat funky house and old skool tunes. All abilities welcome!
Thursday	TIME	CLASS	DESCRIPTION
	18:45	Bust those Buns 45 mins	Circuit style class focused on toning and strengthening the glutes using a variety of weighted exercises and body weight moves.
	19:40	Indoor Bootcamp 45 mins	3 Segments! Cardio, interval work to increase heart rate. Weights, compound lifts to engage maximum number of muscles. Abs, core stability and strengthening.
Saturday	TIME	CLASS	DESCRIPTION
	10:00	Box-Circuits 60 min	A circuit based class providing a whole body workout, mixing cardio and muscular endurance which will test you all the way. Challenge yourself in this ultimate high intensity workout. The only bad workout in this class is the one you didn't do!
Sunday	TIME	CLASS	DESCRIPTION
	09:15	CircuitStrong 60 mins	Using four challenging modules, this class will increase your endurance, engage your stability, improve your co-ordination and strength. There's a mix of cardio, bodyweight & free weights. There are three levels of intensity, so all levels of fitness are welcome. Come along and get CircuitStrong.

Classes can be booked up to 1 hour in advance by phoning the centre.

However, places will be given away if you are not present at the beginning of the Class.