

Monday	TIME	CLASS	DESCRIPTION
	18:30	Ab Attack 20mins	Blast those abs with this short but intense strictly abdominal workout.
	19:00	3-in-1 Workout 45mins	A great workout encompassing 3 different forms of training to give the whole body a complete fat burning and toning working. Group-Cycle - one of the most effective exercise for fat loss with no impact. Aerobic - dynamic moves to further increase your cardio capacity, increase endurance and burn fat. Body Conditioning - tone and strengthen the whole body with this short but effective routine.
	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	Ketffusion Pilates 50min	This unique format fuses two powerful and proven fitness disciplines into one awesome full body workout. Ketffusion utilises light kettlebells (in an aerobic and Martial Art format) with Pilates, for a low impact fusion. Together creating a strengthening and toning class whilst maintaining full attention to the core muscles and good technique, maximising your workout.
	20:00	Box Fit 55mins	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!
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	Cycle Blast 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!
	20:00	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.
Thursday	TIME	CLASS	DESCRIPTION
	18:45	Group Cycle 45 mins	An indoor cycling class that offers a non-impact, highly effective way to build Cardiovascular strength and endurance. A mixed ability class, these classes offer a challenging opportunity to get your heart pumping and burn serious calories to rock and hip hop beats.
	19:35	Strength & Stability 60 mins	Variable intensity training for all levels of fitness. Incorporating Pilates principles, using a combination of weighted and bodyweight exercises, the class aims to improve your overall strength, stability, proprioception (body awareness) and generally improve your fitness confidence. Classes are different every week ensuring you are constantly challenged. Last Thursday of month is stretching only.
Saturday	TIME	CLASS	DESCRIPTION
	10.00	Box Fit 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!

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.