

Gym Classes – August 1st – August 7th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am	Bank Holiday	Spin (40 mins)	Cardio Kettlebells (45 mins)		Friday Finisher (45 mins)		
9:30am		Upper Body & Core (30 mins)	Retro Exercise to Music (30 Mins)	Spin (30 mins)	Circuits (50 mins)		
10.00am		Spin (30 mins)	Spin & KettleBell Mix (45 mins)	Body Blast Blow Out (40 mins)		Body Blast Blow Out (30 mins)	Body Blast Blow Out (30 mins)
10:30am					Spin (30 mins)	Master Blast (30 mins)	Master Blast (30 mins)
11:00am		OMR (30 Mins)	Pilates & Core (40 mins)				
6:30pm		Spin (30 mins)	Spin (30 mins)	HIIT (30 mins)			
7pm		TRX (30 Mins)	Elite Fit (45 mins)				

Class Guide

Spin: High intensity cardio workout for all levels

Fitness Pilates: A variety of movements concentrating on core and back

HIIT: High Intensity Interval Training

OMR: One More Rep! Tough HIIT class, not for the faint hearted

Elite Fit: Advanced total body functional high intensity training

Blast Workouts: Full body high intensity workout

