

Group exercise timetable- Studio Timetable 2019 Q2

Wellbeing

<p>Barre Pilates Combine Pilates with full body exercises to push the body further. This class incorporates the ballet bar into the workout .</p>	<p>Athlete Yoga A fluid practice focusing on moving with the breath between each posture. A more challenging form of yoga this will improve flexibility and balance with emphasis on strength for sport.</p>	<p>Hatha Yoga Hatha is a gentler form of yoga allowing the practitioner more time to explore each posture. This class is great for those looking to slow down and de-stress. It is also suitable for beginners.</p>	<p>Pilates A conditioning and toning system targeting deep muscles supporting the spine and major joints. Pilates improves posture, balance and builds core strength.</p>
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Functional

<p>Workout of the day A 30 minute high intensity workout that will be different everyday. Designed to keep your body guessing and get your Fitness and strength up</p>	<p>Kettlebells A mixed intensity class using Kettlebells to improve movement and flexibility working on movement and strength!</p>	<p>Bootcamp A high intensity, fast paced interval circuit, designed to push you to your limits and dramatically improve your cardiovascular fitness</p>	<p>Express Core A 15 minute core blast which will include abs, glutes and lower back</p>	<p>Campus Trail Preparing for a race this year? Then our campus trail could help as we will do a mixture of campus runs and run specific training</p>
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Strength

<p>Grit Strength A high intensity strength based class from Les Mills using barbells and weight plates to increase your metabolism</p>	<p>Grit Cardio A high energy aerobic routine, use nothing but your body to build speed and agility in just 30 minutes</p>	<p>Grit Athletic A high intensity workout using explosive power to push you to your limits and improve performance .</p>	<p>BodyPump Improve muscular strength and endurance in this tempo based class using compound movements such as Squat, Deadlifts and Rows.</p>	<p>Total Tone This freestyle class will incorporate conditioning and strengthening moves using bodyweight and resistance exercises targeting the whole body</p>
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Indoor Cycle

<p>ICG Cycle A 45 minute ICG Cycling Class incorporating cycle specific techniques to improve your speed, stamina and fitness levels all set to music for an invigorating workout</p>	<p>Colour Cycle Using the ICG Cycle console in Power Training mode, work with the 5 colour system for a strength based workout that will increase your Watts & Calories based on your FTP score.</p>	<p>Express Spin Burn fat fast and improve cardiovascular endurance with this indoor cycling class based around high intensity intervals</p>
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Aerobic

<p>Aqua Water based Aerobics class which will improve muscle tone in an enjoyable environment that will enable you to work at your own intensity level.</p>	<p>Bodyblast This is an aerobic based moderate to high intensity class that will give you a full body workout that will blast your fitness levels</p>	<p>BodyAttack This is a High Intensity aerobics class from Les Mills that will push you to your limits</p>	<p>Movers This is a moderate Intensity class that will change every week based on the instructor. Always a fun atmosphere in which to raise your heart rate to a moderate level.</p>	<p>Clubbercise Dance yourself fit with this aerobics class set to your favourite dance hits Expect strobe lights and glowsticks for this fun fitness experience</p>
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