

# EXERCISE CLASS TIMETABLE



#EDENSPANOTS

## MAY 2019

For more information regarding our classes, please ask a member of the Gym Team.

Classes are aimed at beginner to intermediate level and may be changed or cancelled without prior notice. Please wear suitable clothing and footwear to all classes, your instructor will advise you further on arrival. Please book your classes on arrival at the Gym Reception.

Please ensure you arrive for all classes 5 minutes before the start time, late entries to classes will not be permitted due to Health and Safety reasons.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.45-10.30	9.45-10.30/ 10.00-10.30	9.45-10.30	9.45-10.30	9.45-10.30	9.45-10.30	9.45-10.30
Pump it Up ♥♥	C.S.I ♥♥♥/ Morning Relaxation ♥	Pump it Up ♥♥ T	Yoga Stretch ♥♥	Pump it Up ♥♥ T	Morning Stretch ♥	C.S.I ♥♥♥
10.40-11.25	10.40-11.25	10.40-11.25	10.40-11.25	10.40-11.25	10.40-11.25	10.40-11.25
Clubbercise™ ♥♥♥	Ultimate LBT ♥♥	Step/Step Circuits ♥♥♥	Hi/Lo Aerobics ♥♥	Ultimate LBT ♥♥	Total Body Tone ♥♥	A.A.A* ♥♥
11.35-12.20	11.35-12.20	11.35-12.20	11.35-12.20	11.35-12.20	11.35-12.20	11.35-12.20
Yoga Stretch ♥♥	Morning Stretch ♥	Zumba™ ♥♥	Step/Step Circuits ♥♥♥	Yoga Stretch ♥♥	Clubbercise™ ♥♥♥	Yoga-Pilates ♥♥
12.30-1.00	12.30-1.00	12.30-1.00	12.30-1.00	12.30-1.00	12.30-1.25	12.30-1.00
Indoor Cycling ♥♥♥	Hula Hooping ♥	Indoor Cycling ♥♥♥	Hula Hooping ♥	Hula Hooping ♥	S.A.S ♥♥♥	Hula Hooping ♥
2.40-3.20	3.00-3.25	2.40-3.20	3.00-3.25	3.00-3.25	2.40-3.20	2.40-3.20
Archery* ♥	Meditation ♥	Archery* ♥	Meditation ♥	Stretch & Relax ♥	Archery* ♥	Archery* ♥
3.35-4.25	3.40-4.25	3.40-4.25	3.40-4.25	3.40-4.25	3.40-4.25	3.40-4.25
Tai Chi Fit ♥	Fitness Pilates ♥♥	Yoga-Pilates ♥♥	Fitness Pilates ♥♥	Fitness Pilates ♥♥	Fitness Pilates ♥♥	Yoga Stretch ♥♥
4.30-4.55	4.30-4.55	4.30-4.55	4.30-4.55	4.30-4.55	4.30-4.55	4.30-4.55
Hula Hooping ♥	Relax & Unwind ♥	Stretch & Relax ♥	Stretch & Relax ♥	Relax & Unwind ♥	Meditation ♥	Meditation ♥

For your information, we have provided a 'heart guide' as to what intensity to expect from our classes:

- ♥ Low impact (mind & body/flexibility classes, fitness for fun based classes)
- ♥♥ Medium impact/intensity, options given for all levels (conditioning/aerobic classes)
- ♥♥♥ High impact/intensity, not recommended for those new to exercise (circuits/hiit/indoor cycling classes)

The Gymnasium is open from 7am – 8pm Monday – Thursday, 7am – 9pm every Friday (last entry 8pm), and 7am – 5.30pm Saturdays and Sundays. Please sign in on entry and read the Health & Safety information provided before use. Archery is weather dependent and may be cancelled in the event of strong winds or adverse weather. Outdoor clothing and closed toe shoes are essential.

\*On the first Sunday of the month, AAA will be replaced with Zumba

C.S.I – Cardio Strength Interval  
T – Technique class, 9.35-9.45

S.A.S – Spin, Arms, Stomach  
H.I.I.T – High Intensity Interval Training

A.A.A – Aerobics, Arms, Abs  
M – Members Only

Valid from 1<sup>st</sup> May 2019