



HOAR CROSS HALL STUDIO TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin Express 7:00am – 7:30am ♥♥♥	HIIT 7:00am – 7:30am ♥♥♥	Spin Express 7:00am – 7:30am ♥♥♥	HIIT 7:00am – 7:30am ♥♥♥	Abs Blast 7:00am – 7:30am ♥♥	Spin Express 8:30am – 9:00am ♥♥♥	Abs Blast 8:30am – 9:00am ♥♥
Box Fit 9:15am – 10:00am ♥♥♥	Spin 9:15am – 10:00am ♥♥♥	Pump 9:15am – 10:00am ♥♥♥	Spin 9:15am – 10:00am ♥♥♥	Pump 9:15am – 10:00am ♥♥♥	Spin 9:15am – 10:00am ♥♥♥	Functional Training 9:15am – 10:00am ♥♥♥
Tai Chi 10:00am – 10:55am ♥		Meditation 10:00am – 11:00am ♥		Meditation 10:00am – 10:55am ♥	Pilates 10:00am – 10:45am ♥♥	Tai Chi 10:00am – 10:55am ♥
Zumba 10:15am – 11:00am ♥♥♥	Body Sculpt 10:15am – 11:00am ♥♥♥	Zumba 10:15am – 11:00am ♥♥♥	Legs, Bums & Tums 10:15am – 11:00am ♥♥♥	Zumba 10:15am – 11:00am ♥♥♥	Clubbercise 10:15am – 11:00am ♥♥♥	Zumba 10:15am – 11:00am ♥♥♥
	Yoga Relax 11:00am – 11:30am ♥	Ballet Body & Alignment 11:05am – 11:50am ♥♥		Functional Training 10:15am – 11:00am ♥♥♥	Yogalates 11:00am – 11:45am ♥♥	
				Pilates 11:00am – 11:55am ♥♥		
Strictly Dance 11:00am – 12:00pm ♥♥			Yoga 11:00am – 11:55pm ♥♥		Aqua 11:15am – 11:45am ♥♥	Aqua 11:15am – 11:45am ♥♥
Aqua 11:15am – 11:45am ♥♥	Aqua 11:15am – 11:45am ♥♥	Aqua 11:15am – 11:45am ♥♥	Aqua 11:15am – 11:45am ♥♥	Aqua 11:15am – 11:45am ♥♥		
Fitness Pilates 11:35am – 12:35pm ♥♥	Yoga Fusion 11:35am – 13:00pm ♥♥		Yoga Relax 12:00pm – 12:30pm ♥	Salsa 12:00pm – 12:30pm ♥♥		
Archery 14:00pm – 14:45pm ♥	Archery 14:00pm – 14:45pm ♥	Archery 14:00pm – 14:45pm ♥	Archery 14:00pm – 14:45pm ♥	Archery 14:00pm – 14:45pm ♥	Archery 14:00pm – 14:45pm ♥	Archery 14:00pm – 14:45pm ♥
Yoga 15:00pm – 15:55pm ♥♥	Ride Wild Tiger 14:45pm – 15:45pm ♥	Hatha Yoga 15:30pm – 16:30pm ♥♥		ViniYoga 14:30pm – 15:30pm ♥♥		
Abs Blast 15:30pm – 16:00pm ♥♥		Yoga Relax 16:30pm – 17:00pm ♥		Ride Wild Tiger 14:45pm – 15:45pm ♥	Yoga 15:00pm – 16:00pm ♥♥	ViniYoga 15:00pm – 16:00pm ♥♥
Yoga Relax 16:00pm – 16:30pm ♥	Stretch and Relax 15:00pm – 15:30pm ♥		Stretch and Relax 15:00pm – 15:30pm ♥	Yoga Relax 15:35pm – 16:00pm ♥	Suspension Training 15:00pm – 15:30pm ♥♥♥	HIIT 15:00pm – 15:30pm ♥♥♥
		Spin 18:15pm – 19:00pm ♥♥♥			Functional Training 15:45pm – 16:15pm ♥♥♥	Yoga Intermediate 16:05pm – 17:00pm ♥♥
Yoga 18:00pm – 19:30pm ♥♥		Hatha Yoga 18:30pm – 19:30pm ♥♥			Yoga Relax 16:05pm – 16:30pm ♥	Stretch and Relax 16:30pm – 17:00pm ♥
HIIT 17:40pm – 18:10pm ♥♥♥	Suspension Training 17:35pm – 18:05pm ♥♥♥	Zumba 18:30pm – 19:15 ♥♥♥	Suspension Training 17:35pm – 18:05pm ♥♥♥		Abs Blast 16:30pm – 17:00pm ♥♥	
Spin 18:15pm – 19:00pm ♥♥♥	Bootcamp 18:15pm – 19:00pm ♥♥♥	HIIT 19:15pm – 19:45pm ♥♥♥	Group Cycle 18:15pm – 19:00pm ♥♥♥	Bootcamp 18:00pm – 18:45pm ♥♥♥		
Pump 19:15pm – 20:00pm ♥♥♥	Clubbercise 19:15am – 20:00am ♥♥♥	Ballroom 19:30pm – 20:30pm ♥♥	Pump 19:20pm – 20:05pm ♥♥♥	Archery 19:00pm – 19:45pm ♥		

*BOOKING IS ESSENTIAL FOR ALL CLASSES
CLASSES CAN ONLY BE BOOKED 7 DAYS
IN ADVANCE



HOAR CROSS HALL

♥ LOW INTENSITY
♥♥ MEDIUM INTENSITY
♥♥♥ HIGH INTENSITY

SPIN EXPRESS/ SPIN ♥♥♥♥

A fast paced indoor group cycling class, whether you're in for the endurance the sprinting or both jump on in and enjoy the ride. Bring plenty of water. Please turn up 5 minutes prior to class if you are attending for the first time.

PUMP ♥♥♥♥

A full body resistance-based class designed to increase muscular endurance and help build muscle mass. This class also aids fat loss.

ZUMBA ♥♥♥♥

Get ready to party with our exhilarating Latin inspired dance fitness fiesta! Get your heart rate up and burn those calories.

BOX FIT ♥♥♥♥

Join our high energy box fit class, learning a variety of boxing moves as well as having a full body workout.

AQUA ♥♥♥

A fun conditioning workout in the water that is kind to your joints. An ideal activity for those wanting to improve the health of their body, fitness & muscle tone.

BODY SCULPT ♥♥♥♥

A high energy, fitness fun class. Combines a mixture of aerobic moves with resistance exercises (hand held weights) to create a total body work out.

CLUBBERCISE ♥♥♥♥

A fun, energetic class taught in the dark with glow wands! Transport yourself back to the 90s with sing a-long tracks. A night out without the hangover!

FUNCTIONAL TRAINING ♥♥♥♥

Whole body, functional training. Using our Omnia station, this class provides cardiovascular and strength resistance training.

SUSPENSION TRAINING ♥♥♥♥

Using suspension trainers, we have designed a class to incorporate using our stabilizer muscles which will help with core stability and balance. All exercises are bodyweight exercises and will target all muscles groups.

ABS BLAST ♥♥♥

This class is designed to target all of the muscles that make up the core (Rectus abdominis, Transverse abdominis, Internal obliques and erector spinae) So if you want those toned abs, then this is the class for you.

BOOTCAMP ♥♥♥♥

Boot camp is a type of group exercise class that mixes traditional calisthenic and body weight exercises with interval training and strength training. ... The typical boot camp is done outdoors, but sometimes this is held in our gym or studio facility.

BALLET BODY & ALIGNMENT ♥♥♥

A workout using your body and mind. Come and learn ballet technique as well as exercises to help improve your posture.

HIIT ♥♥♥♥

Exactly what it says on the tin. HIIT stands for high intensity interval training and is designed to increase the heart-rate significantly. This is one of the toughest classes on the timetable and is not for the faint hearted.

ULTIMATE LBT ♥♥♥♥

Our legs, bums & tums class focuses on toning using body weight exercises.

SALSA ♥♥♥

Shake up your fitness routine and inject some Latin soul in to your life with this hip swaying class that's full of energy and fun. No partner necessary.

STRICTLY DANCE ♥♥♥

Put your best foot forward in this choreographed class with easy to follow steps and routines. The styles range from Latin American, Musical theatre, Waltz, Quick step, fox trot & Tango

BALLROOM ♥♥♥

Add some ballroom magic to your fitness routine with this feel good class that's great for working the whole body.

STRETCH & RELAX ♥♥♥

Best way to end the day with gentle mobilization and stretching exercises enabling the body to relax, therefore releasing muscular tension and increasing joint flexibility.

MEDITATION ♥

This class uses a combination of easy to follow methods to help calm and focus your mind, overcome the stresses of daily life and discover a sense of inner peace and balance.

RIDE THE WILD TIGER ♥

Learn how to reduce stress level and increase positivity in life's challenges. Develop inner resources and find your inner peace.

TAI CHI ♥

Learn how to reduce stress level and increase positivity in life's challenges. Develop inner resources and find your inner peace.

YOGALATES ♥♥

An exercise system, which successfully fuses the practices of Yoga and Pilates, a holistic approach which aims to bring about balance and unity in body, mind and spirit. Yogalates is suitable for all ages and is a very safe and accessible method making it ideal for sufferers of back pain, arthritis, and osteoporosis.

HATHA YOGA ♥♥♥

Hatha yoga concentrates on physical health and mental wellbeing, making it suitable for all abilities. Combining the use of movements, breathing and mindfulness Hatha Yoga enables everyone to safely work the body to tone, strengthen, stretch and align the body, bringing a huge variety of health benefits, promotes increased awareness, whilst also calming the mind and aiding stress relief.

YOGA FUSION ♥♥♥

A unique blend of the best of Hatha Yoga and Pilates. This class is suitable for anyone wanting to tone, strengthen, stretch and relax in a safe, controlled and effective way, whilst reducing stress and tension in the mind and body. This class is suitable for people with a variety of health and physical problems.

YOGA RELAXATION ♥

Techniques are used to help reduce stress and tension from the mind and body, taking you into a state of deep relaxation to benefit mental and physical well-being.

PILATES ♥♥♥

Pilates is a focused form of rehabilitation exercise that creates physical stability, strength, tone and flexibility. Especially beneficial for strengthening the core and looking after the back and joints, this form of exercise is suitable for anyone wanting to exercise in a safe controlled way. Suitable for all abilities.

YOGA BODY AWARENESS ♥♥♥

At the most basic level, yoga allows people to connect more deeply with their body and develop a sense of the underlying cause of what's going wrong in their body.

YOGA ♥♥♥

Bring body and mind together through this ancient Indian lifestyle practice. Train your mind, body and breathing to find peace, contentment and greater connection with your inner self.

* Please note classes are subject to change.

Please wear suitable clothing and footwear for all classes.