

# HOAR CROSS HALL

## STUDIO TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Body Conditioning 7:00am – 7:30am ♥♥♥	HIIT 7:00am – 7:30am ♥♥♥	Spin Express 7:00am – 7:30am ♥♥♥	Body Conditioning 7:00am – 7:30am ♥♥♥	Spin Express 7:00am – 7:30am ♥♥	Spin Express 8:30am – 9:00am ♥♥♥	Abs Blast 8:30am – 9:00am ♥♥
Box Fit 9:15am – 10:00am ♥♥♥	Spin Express 8:30am – 9:00am ♥♥♥	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 ♥	Spin 9:15am -10:00am ♥♥♥	Meditation 10.00am-11.00am ♥		Meditation 10.00am – 10.55am ♥	Pilates 10.15am – 11:00am ♥♥	Tai Chi 10.00am – 11:00am ♥
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 ♥♥♥	Pump 10:15am – 11:00am ♥♥♥	Clubbercise 10:15am – 11:00am ♥♥♥
	Yoga Relax 11.00am -11.30am ♥		Yoga 11:00am-11:55am ♥	Functional Training 10:15am – 11:00am ♥♥♥	Yogalates 11.15am-12:00pm ♥♥	
Fitness Pilates 11.35am - 12.35pm ♥♥	Bike ride 11:15am-11:45am ♥	Ballet Body & Alignment 11:05am – 11:50am ♥♥	Step & Tone 11.15am – 12:00pm ♥♥	Pilates 11:05am-12:00pm ♥♥	Archery 11:15am-12:00pm ♥	Archery 11:15am-12:00pm ♥
	Yoga Fusion 11.35am - 13.00pm ♥♥			Archery 11:15am-12:00pm ♥		
			Yoga Relax 12.00pm – 12:30pm ♥	Stretch and Release 12:05pm - 12:30pm ♥	Stretch & Relax 13:00pm-13:30pm ♥	Stretch and Relax 13:00pm-13:30pm ♥
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 ♥			ViniYoga 14.30pm - 15.30pm ♥♥		
		Hatha Yoga 15.30pm - 16.30pm ♥♥		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 ♥	Yoga Relax 16.35pm -17.00pm ♥	Stretch and Relax 15:00pm – 15:30pm ♥	Yoga Relax 15.35pm - 16.00pm ♥	Abs Blast 15:00pm – 15:30pm ♥♥	Body Conditioning 15:00pm – 15:45pm ♥♥♥
Yoga 18.00pm - 19.30pm ♥♥		Abs Blast 17:35-18:05pm ♥♥♥	Strictly Dance 16:00pm-17:00pm ♥♥		Circuits 15:45pm – 16:15pm ♥♥♥	Yoga Intermediate 16.05pm - 17.00pm ♥♥
HIIT 17:40pm – 18:10pm ♥♥♥		Hatha Yoga 18.30pm - 19.30pm ♥♥			Yoga Relax 16.05pm - 16.30pm ♥	
Dance Fusion 18:15pm – 19:00pm ♥♥♥	Spin Express 17:35pm – 18:05pm ♥♥♥	Legs, Bums & Tums 18:15pm-19:00pm ♥♥♥	Body Conditioning 17:35pm – 18:05pm ♥♥♥	Stretch and Relax 17:35pm-18:00pm ♥		
Spin 18:15pm - 19:00pm ♥♥♥	Bootcamp 18:15pm - 19:00pm ♥♥♥	Ballroom 19:35pm - 20:30pm ♥♥	Spin 18:15pm-19:00pm ♥♥♥	Circuits 18:00pm - 18:45pm ♥♥♥		
Pump 19:15pm – 20:00pm ♥♥♥	Clubbercise 19:15am – 20:00pm ♥♥♥	Boxfit 19:15pm-20:00pm ♥♥♥	Pump 19:15pm – 20:00pm ♥♥♥	Abs Blast 19:00pm -19:30 ♥♥		

**\*BOOKING IS ESSENTIAL FOR ALL CLASSES**

**CLASSES CAN ONLY BE BOOKED 7 DAYS IN ADVANCE**

 LOW INTENSITY  
 MEDIUM INTENSITY  
 HIGH INTENSITY



**SPIN / SPIN EXPRESS ♥ ♥ ♥**

A fast-paced indoor group cycling class, whether you're in for the endurance, the sprinting or both, just jump 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 weight 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 and 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.

**CIRCUITS ♥ ♥ ♥**

Circuits class is designed to shape the body and increase cardio vascular strength. This is a very intense class and will test even the fittest of athletes.

**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.

**BODY CONDITIONING ♥ ♥ ♥**

Body conditioning combines aerobic, resistance, and plyometric training in an intense 30 minute class which is sure to get you sweating and shape up your body. Arguably the toughest class on the timetable.

**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 has your name on it.

**BOOT CAMP ♥ ♥ ♥**

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 (okay, poor pun).

**LEGS, BUMS & TUMS ♥ ♥ ♥**

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

**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, Quickstep, Foxtrot and Tango.

**BALLROOM ♥ ♥**

A fun and friendly class, covering Ballroom and Latin Dances. Suitable for beginners wanting to learn the basic steps, to those more advanced who want to practice their routines and learn a few extra steps.

**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 some clever 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 ♥**

Tai Chi is a holistic discipline promoting health and well-being in all senses, including self-defence.

Tai Chi uses slow flowing exercises combining improved posture, relaxation whilst using the body/mind in a co-ordinated way, deep breathing and good balance. It also stimulates the body's own self-repair.

An excellent low impact load-bearing exercise, it provides long-term benefits; reduced stress, improved posture, balance, general mobility and increased muscle strength. Age is no barrier to practice

**YOGALATES ♥ ♥**

An exercise system, which successfully fuses the practices of Yoga and Pilates. It is an holistic approach which bring 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 well-being, 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.

**VINI YOGA ♥ ♥**

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 with 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.