

Elite Fitness Class Timetable

* January 2010 *

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06.45 - 07.30	Spinning with Mark		Spinning with Lins			
09.00 - 10.00						
09.30 - 10.30		Balance			Dumbbell Blast	
10.00 - 11.00						SpinningAbs
12.30 - 13.15	Spinning with Mark					
13.30 - 15.00	BoxFit					
17.45 - 18.30		Spinning with Gregg				
17.45 - 19.00			SGT: Yoga with Tori			
18.00 - 18.45					Sweaty Fitball	
18.00 - 19.00	SGT: Fat Burning			Pump Elite		
18.00 - 18.45			Fitness Circuits			
18.15 - 19.00			Spinning with Rhys			
18.15 - 19.15		Sparring with Jason		Sparring with Gary		
18.30 - 19.30	Boot Camp (gym floor)	Pump Elite				
	Boxfit					
	Pole Fitness (£)					
18.45 - 19.15			Women's Boxing Technique			
19.00 - 19.45				SGT: Kettlebell Extreme		
19.00 - 20.00	Balance			Pilates (tbc)		
19.15 - 20.15		Krav Maga (£)		Krav Maga (£)		
19.30 - 20.30	Pole Fitness (£)					

Spinning with Mark: Mark takes you on a spintastic journey up hills and down valleys: watch out for the bite at the end!

Spinning with Lins: Let Lins whisk you away to a spin class using the latest tunes and working up a sweat.

Spinning with Rhys: Rhys brings a new twist to our spin classes – come and find out what the fun is all about!

Spinning with Gregg: Gregg has some banging tunes and a new take on spin- give it a go and find out what he's all about.

SpinningAbs: 60 minutes of fast cardio work with some express abs exercises thrown in – burn that fat and train that 6 pack all in one class.

Boxfit: Box your way to fitness with this boxing circuit including abs and legs just to finish you off at the end!

Boot Camp: Simon will work you hard with some free weights and circuit-based activity – check out his performance blog for a detailed description.

Balance: This mixture of Tai Chi, Pilates and Yoga will leave you feeling long, strong and relaxed.

Sparring with Jason/Gary: For those who want to get in the ring and give boxing a go: mano-a-mano!

Pump Elite: Tone up those legs, bums, and bingo wings with this fun workout using weights and music.

Fitness Circuits: Jason has 45 minutes to get you sweating in an old style circuit format.

Women's Boxing Technique: 30 minutes of basic boxing work to teach how to move around the ring, punch and protect properly.

Dumbbell Blast: A circuit based sweaty workout using just dumbbells: surprise yourself with the versatility of dumbbells.

Sweaty Fitball: Spend 45 minutes getting stronger, fitter and leaner using the infamous Fitball.

Pole Fitness (£): Let Donna teach you how to spin and slide around the pole perfect for toning, strength, flexibility and confidence.

Krav Maga (£): Dave continues at his old best teaching this self defence based class used commonly in the Israeli police force

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Non-members are welcome to classes at a fee of £4
Please phone ahead to book your place in class
Please be responsible with your class bookings
No Shows will not be allowed to book for the following week
It is up to the instructors' discretion for late arrivals to join class