

# THE FORUM CLASS TIMETABLE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 - 7:30 HIIT	7:00 - 7:30 Body Blast <span>MZ</span>	7:00 - 7:30 Indoor Cycling* <span>MZ</span>	7:00 - 7:30 Les Mills Grit Strength <span>MZ</span>	7:00 - 7:30 Indoor Cycling* <span>MZ</span>
8:00 - 8:30 Les Mills Body Combat <span>V</span>	8:00 - 8:45 Les Mills Body Pump <span>V</span>	8:00 - 8:30 Les Mills Grit Strength <span>V</span>	8:00 - 8:30 Les Mills Body Balance Flex <span>V</span>	8:30 - 9:00 Les Mills CXWORX <span>V</span>
9:00 - 9:20 HIIT	9:30 - 10:30 Step and Tone	9:30 - 10:30 Les Mills Body Pump	9:00 - 9:20 HIIT	9:15 - 10:00 Aqua Zumba
9:15 - 10:00 Aqua Aerobics	10:30 - 11:30 Pilates	10:30 - 11:30 Zumba	9:15 - 10:00 Aqua Aerobics	9:30 - 10:00 Indoor Cycling
9:30 - 10:15 Indoor Cycling* <span>MZ</span>	12:00 - 12:30 Indoor Cycling <span>V</span>	11:30 - 12:30 Yoga	9:30 - 10:30 20x20x20	10:05 - 11:05 Triple Choice
10:15 - 10:30 Core Blast (in the gym)	2:00 - 3:00 Les Mills Body Balance <span>V</span>	1:00 - 2:00 Les Mills Body Combat <span>V</span>	10:30 - 11:30 Pilates	11:15 - 12:45 Yoga
10:30 - 11:30 Zumba	6:00 - 6:30 Les Mills Grit Cardio <span>MZ</span>	2:30 - 3:30 Indoor Cycling <span>V</span>	11:30 - 12:30 Body Sculpt	5:00 - 5:30 Indoor Cycling <span>V</span>
11:30 - 12:30 Les Mills Body Pump	6:30 - 7:00 Core Blast	6:00 - 7:00 Zumba	1:00 - 2:00 Indoor Cycling <span>V</span>	6:00 - 7:00 Will Power (meet in Dylans)
12:30 - 2:00 Yoga	7:30 - 9:00 Yoga	6:30 - 7:30 Boot Camp	4:00 - 5:00 Les Mills Body Pump <span>V</span>	6:00 - 6:30 HIIT
2:30 - 3:00 Les Mills Grit Cardio <span>V</span>		7:00 - 7:30 Indoor Cycling	6:00 - 7:00 Legs, Bums and Tums	
4:00 - 5:00 Indoor Cycling <span>V</span>		7:30 - 8:30 Pilates	7:00 - 8:30 Yoga	
6:00 - 7:00 Zumba				
7:15 - 8:00 Indoor Cycling* <span>MZ</span>				
8:10 - 8:40 Les Mills CXWORX <span>V</span>				

\* WARNING: Disco lights may be used in this class.

All virtual classes can be booked during any free slots in the Studio - Please speak to the team for further information. All classes can be booked using the Mywellness app.



HEART RATE CLASS

V VIRTUAL CLASSES

Cycling	HIIT	Strength & Conditioning	Mind and Body	Water Based Activity	Cardio	Dance
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## WEEKEND SATURDAY

9:00 - 10:00 Zumba
10:00 - 11:00 Boot Camp
12:00 - 1:00 Les Mills Body Combat <span>V</span>
1:30 - 2:30 Les Mills Body Balance <span>V</span>
3:00 - 4:00 Indoor Cycling <span>V</span>

## SUNDAY

9:00 - 10:00 Les Mills Sh'bam <span>V</span>
10:00 - 11:00 Body Blast
12:00 - 12:30 Indoor Cycling <span>V</span>
1:30 - 2:30 Les Mills Body Pump <span>V</span>
3:00 - 3:30 Les Mills CXWORX <span>V</span>
6:00 - 7:00 Les Mills Body Balance <span>V</span>

# THE FORUM CLASS TIMETABLE GUIDE



## 20X20X20

For those of you who need variety, 3 classes in 1, each combining 20 minutes of cardio, toning & stretching.

## AQUA AEROBICS

A gentle, fun and effective water based class suitable for all levels of fitness and especially good for joint problems. Also suitable for pre and post- natal exercise.

## AQUA ZUMBA

A low-impact, high-energy aquatic exercise class. It offers a fun but challenging water-based, body toning workout.

## BODY BLAST

A resistance based workout designed to hit all areas of the body. A great way of toning up and strengthening each muscle group.

## BODY BALANCE

A new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life.

## BODY COMBAT

A high energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.

## BODY PUMP

A weight based barbell workout incorporating resistance exercises, designed to target all the muscle groups of the body.

## BODY SCULPT

A resistance based workout designed to hit all areas of the body. A great way of toning up and strengthening each muscle group.

## BOOT CAMP

An outdoor class designed to build strength and fitness through a variety of intense group intervals.

## CXWORX

Provides the vital ingredient for a stronger body while chiselling your waist line. A stronger core makes you better at all things you do - it's the glue that holds everything together.

## CORE BLAST

An intense session solely targeting the core with floor work, stability balls, medicine balls and more.

## GRIT CARDIO

GRIT work outs switch between short bursts of intensity and recovery periods-best way to increase fitness, tone muscle and lose weight. Grit Cardio is an explosive high-impact body weight based work out, Provides the double whammy of maximising calorie burn within the work out and burning fat for hours afterwards.

## GRIT STRENGTH

GRIT work outs switch between short bursts of intensity and recovery periods-best way to increase fitness, tone muscle and lose weight. Grit Strength works all major muscle groups, sends your metabolism into overdrive to burn fat for hours after the work out.

## HIIT

High Intensity Interval Training. Does exactly what it says on the tin - short, sharp intervals at a high intensity in a short time frame.

## INDOOR CYCLING

A high energy team 'trip' on stationary bikes. This class is tailored to your own level and is sure to develop your cardiovascular fitness and lower body strength, whilst burning calories.

## LEGS, BUMS AND TUMS

LBT (legs, bums, tums) does exactly what it says - it hits all the trouble spots in this fun, fab class and gets you the body you've always wanted.

## PILATES

Focusing on core stability, pilates will tone and strengthen muscles and posture using breathing techniques.

## SH'BAM

A fun-loving, insanely addictive dance workout. You will be guided through simple (yet sassy) dance moves, all set to a party playlist.

## TRIPLE CHOICE

For those of you who need variety, 3 classes in 1, each combining 20 minutes of cardio, toning & stretching.

## WILL POWER

It's all about variation so the content of the class will be different every week, keeping your training fresh and exciting. Focused around functional fitness, consistently pushing you out of your comfort zone and into a new level of health and fitness.

## YOGA

Chill out and limber up with traditional relaxation, stretching poses, meditative breathing and mindful exercise for all.

## ZUMBA

Are you ready to party yourself into shape? This exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness party is moving millions of people toward joy and health.