

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
7:00 - 7:30 Boxercise	7:00 - 7:30 HIIT	7:00 - 7:30 Indoor Cycling <b>MZ</b>	7:00 - 7:30 Body Shock	7:00 - 7:30 Kettle Bells	<b>SATURDAY</b>
8:00 - 8:30 Spin <b>V</b>	8:00 - 9:00 Spin <b>V</b>	8:00 - 8:30 Spin <b>V</b>	8:00 - 8:45 Spin <b>V</b>	8:00 - 9:00 Les Mills Body Pump <b>V</b>	9:30 - 11:00 Cardio Conditioning Core
9:00 - 9:45 Indoor Cycling <b>MZ</b>	9:00 - 9:30 Les Mills Grit	9:00 - 9:30 HIIT	9:00 - 9:30 Les Mills Grit	9:30 - 11:00 Cardio Conditioning Core	11:30 - 12:00 Les Mills Grit <b>V</b>
10:00 - 10:45 Aqua Aerobics	9:30 - 10:30 Les Mills Body Pump	9:30 - 10:30 Step and Tone	9:30 - 10:30 Les Mills Body Pump		2:30 - 3:00 Spin <b>V</b>
10:00 - 11:00 Pilates	10:00 - 10:45 Aqua Aerobics	10:30 - 11:00 Pilates	10:30 - 11:15 Aqua Aerobics		3:30 - 4:30 Les Mills Body Pump <b>V</b>
11:00 - 12:00 Yoga	11:00 - 12:00 Pilates	11:00 - 12:30 Yoga	10:30 - 11:30 Pilates	11:00 - 12:00 Zumba	4:30 - 5:00 Les Mills CX Worx <b>V</b>
	12:00 - 1:00 Tai Chi Fit	1:00 - 1:30 Les Mills Grit <b>V</b>	11:30 - 12:30 Pilates		<b>SUNDAY</b>
12:00 - 1:00 Zumba				12:00 - 12:45 Pound Fit	10:00 - 11:00 Triple Choice
1:00 - 1:30 Les Mills Grit <b>V</b>		4:00 - 5:00 Spin <b>V</b>		2:30 - 3:30 Les Mills Sh'bam <b>V</b>	11:00 - 12:00 Les Mills Body Combat <b>V</b>
3:30 - 4:30 Spin <b>V</b>	3:30 - 4:30 Les Mills Body Pump <b>V</b>	6:00 - 7:00 Triple Choice	2:30 - 3:30 Spin <b>V</b>		2:00 - 3:00 Les Mills Sh'bam <b>V</b>
	5:15 - 5:45 Abs Blast	6:30 - 7:30 Boot Camp (Forum)	4:00 - 4:30 Les Mills CX Worx <b>V</b>	4:00 - 5:00 Spin <b>V</b>	4:00 - 4:45 Indoor Cycling <b>MZ</b>
6:00 - 7:00 Strong by Zumba	6:00 - 6:45 Indoor Cycling <b>MZ</b>	7:15 - 8:00 Boxercise	6:00 - 7:00 Les Mills Body Pump	6:00 - 7:00 Will Power	5:00 - 6:00 Les Mills Body Balance <b>V</b>
7:15 - 7:45 Indoor Cycling <b>MZ</b>	7:00 - 8:30 Yoga	8:00 - 8:30 Spin <b>V</b>	7:00 - 8:30 Yoga	7:00 - 7:30 Les Mills CX Worx <b>V</b>	
8:00 - 9:00 Pilates					
4:00 - 7:00 Swimming Lessons	4:00 - 7:00 Swimming Lessons		3:30 - 8:00 Swimming Lessons		

**V** VIRTUAL CLASSES



HEART RATE CLASS

CLASS TYPE KEY

Cycling	High Intensity	Virtual	Strength	Mind and Body	Water Based Activity	Cardio	Dance
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# DYLAN'S STUDIO TIMETABLE GUIDE



## ABS BLAST

An intense 15 minute session solely targeting the core with floor work, stability balls, medicine balls and more.

## 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 postnatal exercise.

## BODY SHOCK

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

## BOXERCISE

A high energy exercise class, based on boxing training principles. A pad focused workout incorporating some old school style boxing, creating a highly effective fitness class suitable for everybody.

## CARDIO CONDITIONING CORE

For those of you who need variety, 3 classes in 1, each combining 30 minutes of cardio, toning & stretching.

## HIIT

High Intensity Interval Training. Does exactly what it says on the time 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.

## KETTLE BELLS

Originating in Russia, a kettle bell is a centuries old training tool that looks like a cannon ball with a handle. Kettle bell exercises are whole-body exercises requiring full body integration and core stabilisation. There is no such thing as isolated muscle work in kettle bell training.

## LES MILLS BODY BALANCE

Ideal for anyone and everyone, BODYBALANCE™ is the yoga-based class that will improve your mind, your body and your life. During BODYBALANCE an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.

## LES MILLS BODY COMBAT

Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness, burning up to 740 calories\* along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master

## LES MILLS BODY PUMP

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

## LES MILLS CX WORX

CXWORX is all about building core strength, improving functional fitness of the abdominals, mid-section, and glutes, as well as working the cross-slings, which run from the upper to lower body. Basically, CXWORX targets everything from the mid-thigh up to the shoulders, which is an area also known as your trunk.

## LES MILLS GRIT

Les Mills GRIT workouts switch between short bursts of intensity and recovery periods. One of the best ways to increase fitness, tone muscle and lose weight.

## LES MILLS SH'BAM

Set to a soundtrack of chart-topping popular hits, dance music that is heard in the hottest nightclubs around the world, familiar classics remixed and modernized Latin beats, SH'BAM™ is the ultimate fun and sociable way to exercise.

## MY ZONE HEART RATE CLASSES

Take the guess work out of your training and push yourself to your limits. Your visual heart rate will be displayed to show your effort level...

## PILATES

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

## POUND FIT

POUND is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and isometric poses into a 30-45 minute series.

## STEP AND TONE

Suitable for all abilities, a choreographed workout on a step platform. A great cardiovascular workout and one of the best exercises for bums and thighs.

## STRONG BY ZUMBA

STRONG by Zumba is the first non-dance based class from the fitness brand. The newest of all Zumba classes revolves around high-intensity interval training, but still focuses on moving to the beat.

## TRIPLE CHOICE

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

## VIRTUAL SPIN

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

## 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.

## TAI CHI FIT

An innovative, dynamic and motivating mind/body fitness concept based on the timeless practice of Tai Chi, fused with the latest fitness trends to stimulate the mind and body. It is a sequence of choreographed rhythmic and synchronised movements taken from many styles of Tai Chi, which are then performed in a flowing motion to powerful music.

## 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.

