

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEKEND

7:00 - 7:30 Boxercise	7:00 - 7:30 HIIT	7:00 - 7:30 Indoor Cycling MZ	7:00 - 7:30 Body Shock	7:00 - 7:30 Kettle Bells
8:00 - 8:30 Spin V	8:00 - 9:00 Spin V	8:00 - 8:30 Spin V	8:00 - 8:45 Spin V	8:00 - 9:00 Les Mills Body Pump V
9:00 - 9:45 Indoor Cycling MZ	9:00 - 9:30 HIIT	9:00 - 9:30 HIIT	9:00 - 9:30 HIIT	9:30 - 11:00 Cardio Conditioning Core
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	
10:00 - 11:00 Pilates	10:00 - 10:45 Aqua Aerobics	10:30 - 11:00 Pilates	10:30 - 11:15 Aqua Aerobics	
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
12:00 - 1:00 Zumba		1:00 - 1:30 Les Mills Grit V	11:30 - 12:30 Pilates	12:00 - 12:45 Pound Fit

SATURDAY

9:30 - 11:00 Cardio Conditioning Core
11:30 - 12:00 Les Mills Grit V
2:30 - 3:00 Spin V
3:30 - 4:30 Les Mills Body Pump V
4:30 - 5:00 Les Mills CX Worx V

SUNDAY

1:00 - 1:30 Les Mills Grit V			2:30 - 3:30 Spin V	2:30 - 3:30 Les Mills Sh'bam V
3:30 - 4:30 Spin V	3:30 - 4:30 Les Mills Body Pump V	4:00 - 5:00 Spin V	4:00 - 4:30 Les Mills CX Worx V	4:30 - 5:30 Spin V
6:00 - 6:30 Strong by Zumba	6:00 - 6:30 Indoor Cycling MZ	6:00 - 7:00 Triple Choice	6:00 - 7:00 Les Mills Body Pump	6:00 - 7:00 Will Power
6:30 - 7:00 Ripped	6:30 - 6:50 Core Conditioning	6:30 - 7:30 Boot Camp (Forum)	7:00 - 8:30 Yoga	7:00 - 7:30 Les Mills CX Worx V
7:15 - 7:45 Indoor Cycling MZ	7:00 - 8:30 Yoga	7:15 - 8:00 Boxercise		
8:00 - 9:00 Pilates		8:00 - 8:30 Spin V		
4:00 - 8:00 Swimming Lessons	4:00 - 7:00 Swimming Lessons		4:00 - 8:00 Swimming Lessons	

10:00 - 11:00 Triple Choice
11:00 - 12:00 Les Mills Body Combat V
2:00 - 3:00 Les Mills Sh'bam V
3:00 - 3:45 Indoor Cycling MZ
5:00 - 6:00 Les Mills Body Balance V

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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DYLANS STUDIO TIMETABLE GUIDE



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.

BOOT CAMP AT THE FORUM

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

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.

CORE CONDITIONING

A challenging abs and core workout to strengthen and tone all areas of your mid section

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.

RIPPED

A new and exciting body sculpting class involving high rep weights, bodyweight exercises and partner challenges

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.

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.

