

Dylans Class Timetable



All classes are now booked via the Technogym MyWellness app, available from Google Play or your App Store.

Should you need any assistance with this, please speak to a member of our team or visit the dedicated Members' Area at celtic-manor.com

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|
| 07:30 | | | | | | | |
| 08:00 | Virtual Spin 0800 - 0830 | | Virtual Spin 0800 - 0830 | Virtual Spin 0800 - 0830 |
| 08:30 | | | | | | | |
| 09:00 | Indoor Cycling 0900 - 0945 | Indoor Cycling 0900 - 0945 | HIIT 0845 - 0915 | | | | |
| 09:30 | | | Step & Tone 0930 - 1030 | | CCC 0920 - 1050 | CCC 0930 - 1100 Michelle | |
| 10:00 | | | | | | | Triple Choice 1000 - 1100 Michelle |
| 10:30 | Les Mills Virtual Spin 1015 - 1045 | | | | | | |
| 11:00 | Yoga 1100 - 1230 | | Pilates 1045 - 1115 | | Yoga 1115 - 1215 | | |
| 11:30 | | Pilates 1115 - 1215 | | Pilates 1115 - 1215 | | | |
| 12:00 | | | | | | | |
| 12:30 | | | | | | | |
| 13:00 | | | | | | | |
| 13:30 | | | | | | | |
| 14:00 | Les Mills Virtual Spin 1345 - 1415 | | |
| 14:30 | | | | | | Les Mills Virtual Spin 1430 - 1500 | Les Mills Virtual Spin 1430 - 1500 |
| 15:00 | | | | | | | |
| 15:30 | | | | | Les Mills Virtual Spin 1515 - 1545 | | |
| 16:00 | | | | | | | |
| 16:30 | | | | | | | |
| 17:00 | | | | | | | |
| 17:30 | Virtual Spin 1730 - 1800 | | | | | | |
| 18:00 | | | Triple Choice 1800 - 1900 | | | | |
| 18:30 | Strong by Zumba/Ripped 1830 - 1930 | | | | Will Power 1830 - 1930 | | |
| 19:00 | | Yoga 1900 - 2030 | | Yoga 1900 - 2030 | | | Le Mills Virtual Spin 1905 - 1935 |
| 19:30 | | | Virtual Spin 1930 - 2000 | | | | |
| 20:00 | | | | | | | |

| | | | |
|-------------|----------------------|---------------|-------------------------|
| CYCLING | HIGH INTENSITY CLASS | VIRTUAL CLASS | STRENGTH & CONDITIONING |
| MIND & BODY | WATER BASED ACTIVITY | CARDIO | DANCE |

Dylans Class 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 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.

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-slugs, 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, plyometric 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.