

SUMMER TIMETABLE

THE WEEK	MAIN STUDIO	SUBWAY	PARK	YOGA STUDIO
SUNDAY		18:00 BOXFIT <i>BY GAYAN</i>	10:00 AB BLAST FITNESS TEAM - FREE	
	19:00 CIRCUIT TRAINING <i>BY HASTINGS</i>			
MONDAY	18:00 SPIN & ABS <i>BY SIMON</i>			
	19:00 ZUMBA <i>BY CON</i>			19:00 YOGA <i>BY SAKEER</i>
TUESDAY	17:00 BOOTCAMP <i>BY SIMON</i>			
	18:00 DANCE AEROBICS <i>BY NIMA</i>			
WEDNESDAY			17:00 AB BLAST FITNESS TEAM - FREE	
	18:00 TABATA <i>BY SIMON</i>			19:00 YOGA <i>BY SAKEER</i>
THURSDAY				
	18:00 STEP & ABS <i>BY NIMA</i>	19:00 BOXFIT <i>BY GAYAN</i>		
FRIDAY				
SATURDAY			17:00 AB BLAST FITNESS TEAM - FREE	
				19:00 YOGA <i>BY SAKEER</i>

- Do not forget to collect your class token from reception.
- Sign in at reception from 30 minutes before class starts to book your spot as numbers are limited.



BOXFIT

Boxfit is a cardiovascular workout with classes lasting between 45 mins to one hour. It is based on the training used for boxing so it includes skipping, boxing drills including footwork and abdominal workouts – all focusing on fitness and toning.

TABATA

Tabata training, also known as the Tabata Protocol. This workout is a form of high intensity interval training designed to get your heart rate up in that very hard anaerobic zone for short periods of time.

YOGA

This is a yoga class which concentrates on physical health and mental well-being. Hatha yoga uses bodily postures (asanas), breathing techniques (pranayama), and meditation techniques (dyana) with the goal of bringing about a sound, healthy body and a clear, peaceful mind.

DANCE AEROBICS

Is an energetic, upbeat aerobics class that is sure to get your body moving. A great workout for all levels of fitness enthusiasts, this class combines cardiovascular training and toning exercises, for a superior total body workout.

ZUMBA

Is a fusion of Latin and International music / dance themes that create a dynamic, exciting, and based on the principle that a workout should be fun and easy to do. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

SPIN & ABS

This unique cycling class is a perfect blend of cardio vascular and muscular endurance style workout. Finished off by a tough Ab workout.

POWER PUMP

Let's get pumped. This challenging workout features a range of weight-based exercises, set to upbeat music that's sure to keep you motivated.

STEP & DANCE

A dance inspired class that uses the fundamental movement patterns of various dance techniques alongside the hugely popular step aerobics. Expect a high energy and full body workout with this class.

BODY CORE

Similar to Core Dynamics with a more extensive exercises that focus on the area between your belly button and you knees. A moderate energy type of class that have you 'feeling your abs' once you're done.

STEP AND ABS

Similar to Body Core with the addition of high energy step aerobics sections that are designed to get your heart rate up and keep it up over the course of the class.

BOOT CAMP

A fitness boot camp is type of group exercise class that mixes traditional callisthenic and body weight exercises with interval training and strength training. This is high intensity so expect to sweat... a lot.