


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.00 - 06.45 <b>LEVEL UP</b>	06.00 - 06.45 <b>LEVEL UP</b>	06.00 - 06.45 <b>LEVEL UP</b>	06.00 - 06.45 <b>LEVEL UP</b>	07.00 - 07.45 <b>INDOOR CYCLING</b>	07.00 - 08.00 <b>LEVEL UP</b>	08.00 - 09.00 <b>LEVEL UP</b>
07.00 - 07.45 <b>INDOOR CYCLING</b>	07.00 - 07.45 <b>INDOOR CYCLING</b>	07.00 - 07.45 <b>INDOOR CYCLING</b>		09.15 - 09.45 <b>CARDIO BARS</b>	08.00 - 08.45 <b>HIITSTEP</b>	08.15 - 09.00 <b>PENALTY BOX</b>
09.30 - 10.00 <b>RHYTHM &amp; TONE</b>	10.15 - 11.00 <b>AERO SHAPE</b>		09.30 - 10.15 <b>PILATES GROUP</b>	10.00 - 11.00 ● <b>PILATES</b> by Charlotte Adams	09.15 - 10.00 <b>INDOOR CYCLING</b>	09.15 - 10.00 <b>CARDIO STEP</b>
11.00 - 12.00 ● <b>YOGA</b>						10.30 - 11.15 <b>INDOOR CYCLING</b>
	13.00 - 13.45 <b>PILATES GROUP</b>	12.00 - 12.45 <b>BODY WORX</b>	12.30 - 13.00 <b>INDOOR CYCLING</b> (30 MINS)	 <p><b>LEVEL UP</b> is a small group personal training that caters to your abilities &amp; helps you progress to your goals. Includes weigh ins &amp; progress tracking. Level up members have access to all <b>LEVEL UP</b> classes &amp; Yoga classes with Ricky.</p>		
			13.00 - 13.30 <b>RBT</b>			
17.15 - 17.45 <b>LEGS, BUMS &amp; TUMS</b>	17.15 - 17.45 <b>RBT</b>	17.15 - 17.45 <b>FIRM ASSETS</b>	17.15 - 18.15 <b>LEVEL UP</b>	17.15 - 17.45 <b>INDOOR CYCLING</b>	<p><b>Call 01723 585870 to reserve your space today!</b></p> <p><b>Cancellation Policy</b> If you cannot attend a class you have already booked, please inform reception ASAP as we regularly have people on waiting lists. Any member who cancels on the day of a booked class cannot be booked onto the following weeks class until the cancelled class has finished.</p> <p><b>All classes are included in memberships with the exception of classes marked with a ● which are £3.50 for members.</b></p> <p><b>All classes are available to Non-Members at £5 per class.</b></p>	
17.15 - 18.15 <b>BODY WORX</b>	17.45 - 18.15 <b>INDOOR CYCLING</b>	18.15 - 18.45 <b>INDOOR CYCLING</b> (30 MINS)	18.00 - 18.45 <b>INDOOR CYCLING</b>	18.00 - 18.45 <b>LEVEL UP</b>		
18.15 - 19.00 <b>INDOOR CYCLING</b>	18.00 - 18.30 <b>KETTLEBELL</b>	19.00 - 19.30 <b>CARDIO STEP</b>	19.00 - 20.00 <b>BODY WORX</b>	19.15 - 20.15 ● <b>YOGA</b>		
19.15 - 20.00 <b>INDOOR CYCLING</b>	18.45 - 19.15 <b>HIIT STEP</b>	19.45 - 20.30 <b>PILATES GROUP</b>	19.15 - 20.15 ● <b>PILATES</b> by Charlotte Adams			
19.15 - 20.15 <b>LEVEL UP</b>	19.30 - 20.30 ● <b>YOGA</b>					

# CLASS TIMETABLE

01723 585870 contact@fashionablefitness.club fashionablefitness.club   



FASHIONABLE FITNESS

### **Kettlebell**

This class will chisel and firm your arms, shoulders, thighs, and glutes as we push, pull, swing, lift and hold the kettlebell. It will also develop core strength and stability. A brilliant overall body toning and strength session.

### **Rhythm and Tone**

An aerobic style routine with a low weight to gain the overall body tone you have always desired to a sound track of the best Motown, 70's & 80's.

### **Indoor Cycling**

All the benefits of outdoor cycling with inside comforts. A cardiovascular workout that incorporates strength training elements that is great for fat loss and tone with each class burning on average 500 calories.

### **Indoor Cycling (30 mins)**

Same as indoor cycling but only 30 mins.

### **Pilates Group**

Tone, stretch & balance in a fun accessible Pilates class.

### **Toning Circuits**

Toning & Cardio circuit designed to raise the heart rate and create a full body workout.

### **Cycle & Shape**

Weights and Indoor Cycling! 30 minutes of indoor cycling will get your heart pumping and them calories burning, and the last 30 minutes will allow you to tone, shape and gain strength.

### **Body Worx**

A 60-minute-high intensity metabolic work out to push you further and perfect your technique while raising your fitness levels and incinerating calories.

### **Firm Assets**

A half hour class targeting your bums, legs and tums to help you achieve an all over toned look whilst burning calories and improving stamina.

### **Yoga**

Vinyassa flow yoga with Ricky, improve your flexibility & mobility in a fun class suitable for any level of yogi! £3.50 members, £5 non-members.

### **HIITSTEP**

HIITSTEP is a NEW and innovative 30 minute High Intensity Interval Training based workout using only bodyweight and a STEP. This includes a Step specific Warm Up & Cool Down. It has been developed by Olympians and the UKs top house music producers.

### **RBT**

The more you rest, the harder you will push, the more you will have to rest. Rest and work in exercise are dependent upon one another and together.

### **Cardio Step**

A new take on the 70's hit step aerobics class, using weights & kettlebells. This not only will work your legs but you get to tone and strengthen your upper body at the same time! Endurance, stamina and strength will be tested in this quick half hour class to help you lose weight and tone up! Get ready to step up and tone!

### **Aero-Shape**

Move to the beat! Exercise to the music with Jess in a classic aerobic & circuit based exercise class.

### **Pilates by Charlotte Adams**

A low impact class designed to help improve posture, muscle tone, balance and joint mobility, as well as relieve stress and tension. This class is designed for all abilities.

### **Cardio Bars**

A studio aerobics class that brings together cardio exercise and barbell training to create a fun, challenging fat burning workout. This class will send your metabolism sky high and help improve your overall fitness.

### **Circuits**

A 45 minute circuit based class, using multiple pieces of equipment. This class can be studio or gym based.

### **Penalty Box**

A complete body workout specifically designed to burn unwanted fat and equip you with the physical conditioning necessary to preform at the top of your game.

### **Legs, Bums & Tums**

Shape up and burn fat as you lunge, step and squat your way to fitness in this ever-popular, fun class using your own bodyweight. The high repetition based routines will put your legs, bums and tums through their paces in a bid to trim down those areas we love to hate - trust us, your body will thank you for it!

# **CLASS DESCRIPTIONS**

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