


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.00 - 07.00 LEVEL UP	06.00 - 07.00 LEVEL UP	06.00 - 07.00 LEVEL UP	06.00 - 07.00 LEVEL UP	06.00 - 07.00 LEVEL UP	07.00 - 08.00 LEVEL UP	08.00 - 09.00 LEVEL UP
07.00 - 07.30 INDOOR CYCLING	07.00 - 07.45 SWEAT	07.00 - 07.45 INDOOR CYCLING	07.00 - 07.45 SWEAT	07.00 - 07.45 INDOOR CYCLING	07.15 - 07.45 CARDIO STEP	08.15 - 08.45 CARDIO BARS
07.30 - 08.00 KETTLEBELLS	10.00 - 10.45 AERO SHAPE	10.30 - 11.15 PACE (BRONZE)	10.30 - 11.00 TONING CIRCUITS	09.15 - 09.45 CARDIO BARS	08.00 - 08.45 HIITSTEP	09.00 - 09.45 BOX FIT
09.30 - 10.00 RHYTHM & TONE		11.30 - 12.30 PILATES GROUP		10.00 - 10.45 FIT 4 LIFE	09.00 - 09.45 INDOOR CYCLING	10.00 - 10.45 INDOOR CYCLING
	12.30 - 13.00 CARDIO STEP	12.00 - 12.45 BODYWORX	12.30 - 13.00 INDOOR CYCLING	13.00 - 13.30 BOX FIT	 <p>LEVEL UP is a small group personal training that caters to your abilities & helps you progress to your goals. Includes weigh ins & progress tracking. Level up members have access to all LEVEL UP classes.</p>	
13.00 - 13.30 HIIT STEP			13.00 - 13.30 RBT			
17.15 - 17.45 LEGS, BUMS & TUMS	17.00 - 17.30 RBT	17.15 - 18.00 BODY BLAST	17.00 - 18.00 LEVEL UP	17.15 - 18.00 INDOOR CYCLING	<p>Call 01723 585870 to reserve your space today!</p> <p>Class Bookings Head over to our website to book classes online. Please ask at reception if you require a login.</p> <p>All classes are included in memberships with the exception of classes marked with a ● which are £3.50 for members.</p> <p>All classes are available to Non-Members at £5 per class.</p>	
17.15 - 18.15 BODYWORX	17.30 - 18.00 INDOOR CYCLING	17:45 - 18.15 SWEAT	18.00 - 18.45 INDOOR CYCLING			
18.15 - 19.00 INDOOR CYCLING	18.15 - 18.45 KETTLEBELL	18.15 - 19.00 INDOOR CYCLING	19.00 - 20.00 BODYWORX			
19.15 - 20.00 INDOOR CYCLING	18.45 - 19.15 HIIT STEP	18.30 - 19.15 BOX FIT	19.15 - 20.15 ● PILATES by Charlotte Adams			
19.15 - 20.15 LEVEL UP	19.30 - 20.15 PACE (GOLD)	19.15 - 19.45 CARDIO STEP				
		19.30 - 20.30 LEVEL UP				
		20.00 - 20.45 PACE (SILVER)				

CLASS TIMETABLE

01723 585870 contact@fashionablefitness.club fashionablefitness.club   



FASHIONABLE FITNESS

FIT 4 LIFE

Low to medium impact aerobic workout with mix of cardio and body weight segments. Good for improving your cardiovascular fitness and building strength in just half hour.

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.

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!

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.

Box Fit

High intensity interval training that combines cardio and boxing techniques to sculpt your body and burn calories.

Body Blast

High energy, Fast Paced Circuit Workout designed to challenge your muscular endurance, build strength & burn calories.

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.

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. 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 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.

Sweat

A high intensity class working your full body using a combination of bodyweight and strength exercises.

PACE BRONZE.

This BEG Level / Cardio / Strength and Endurance Workout, takes you on a brisk WALK over 4 miles, Travelling at 140 bpm / 5.45 mph. Walking over 6,000 steps and burning over 450 calories and all in just 45 mins. With pulsing and motivating music, this full body Cardio Class is exhilarating and addictive. Results based training. Embrace the Pace of your own journey.

PACE SILVER

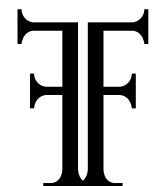
This Mid Level / Cardio / Strength and Endurance Workout, takes you on an intense JOG over 4.5 miles, travelling at 150bpm / 6mph. Jogging over 7,000 steps and burning over 550 calories and all in just 45 mins. This fast paced kick butt workout will leave you wanting more. With every muscle engaged and working together with powerful musical input, that drives your motivation and helps you to dig deep and cross the finish line. Results based training. It's all about that PACE.

PACE GOLD

This Advanced Level / Cardio / Strength and Endurance Workout, takes you on an intense RUN over approx 5 miles. Travelling at 160bpm / 6.67 mph. Running over 7,000 steps and burning over 600 calories and all in just 45 mins. This powerful run engages every muscle in the body, with musical choices designed to push you to your limit. Exciting, Dynamic and challenging. Results based training. You vs You 100%.

CLASS DESCRIPTIONS

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