

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	07.15 - 07.45 INDOOR CYCLING	07.00 - 07.45 SWEAT	07.00 - 07.30 HIIT CYCLE	07.30 - 08.00 RBT	09.00 - 09.45 SWEAT
07.30 - 08.00 KETTLEBELLS	09.30 - 10.15 AERO SHAPE		09.30 - 10:00 TONING CIRCUITS	09.15 - 09.45 CARDIO BARS	08.15 - 8.45 ABS	10.00 - 10.30 CARDIO BARS
09.30 - 10.00 RHYTHM & TONE		11.30 - 12.30 PILATES GROUP		10.00 - 10.30 KETTLEBELL	09.00 - 09.45 INDOOR CYCLING	
	12.30 - 13.00 INDOOR CYCLING	12.00 - 12.45 BODYWORX	12.30 - 13.00 INDOOR CYCLING			
13.00 - 13.30 RBT			13.00 - 13.30 RBT	13.00 - 13.30 LEGS, BUMS & TUMS		
17.15 - 17.45 LEGS, BUMS & TUMS	17.00 - 17.30 RBT	17.15 - 17.45 KETTLEBELL	17.00 - 18.00 LEVEL UP	17.15 - 17.45 RBT	<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	17.15 - 17.45 ABS	17.45 - 18.15 INDOOR CYCLING		
18.15 - 19.00 INDOOR CYCLING	18.15 - 18.45 KETTLEBELL	18.15 - 19.00 INDOOR CYCLING	18.00 - 18.45 HIIT CYCLE			
19.15 - 19.45 CARDIO STEP	18.45 - 19.15 HIIT STEP	18.30 - 19.30 LEVEL UP				
19.15 - 20.15 LEVEL UP		19.15 - 19.45 CARDIO STEP				



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.

CLASS TIMETABLE



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.

Body Spin

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

Abs

This class will concentrate on strengthening your core muscles. Including your abdominal muscles, back muscles and the muscles around the pelvis. This includes twisting, crunches, planks, among other core exercises. Strong core muscle helps us to carry on with our daily physical routines without back pain or injuries. Let's build better core strength for life.

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.

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

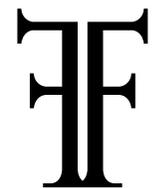
A high intensity class working your full body using a combination of bodyweight and strength exercises.

HIIT Cycle

A high intensity class which will get your heart rate pumping and them calories burning in just 30 Minutes. Alternating between the bike and bodyweight exercises done in a circuit style format.

CLASS DESCRIPTIONS

01723 585870 contact@fashionablefitness.club fashionablefitness.club   



FASHIONABLE FITNESS