


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	
07.00 - 07.30 INDOOR CYCLING	07.00 - 07.45 SWEAT	07.05 - 07.35 INDOOR CYCLING	07.00 - 07.45 SWEAT	07.00 - 07.30 HIIT CYCLE	08.15 - 08.45 ROUND 9	08.00 - 09.00 SWEAT
07.30 - 08.00 KETTLEBELLS	09.30 - 10.00 CARDIO BARS		09.30 - 10.00 TONING CIRCUITS	09.30 - 10.00 CARDIO BARS	09.00 - 09.30 INDOOR CYCLING	09.00 - 09.30 CARDIO BARS
09.30 - 10.00 RHYTHM & TONE		11.30 - 12.30 PILATES		10.00 - 10.30 KETTLEBELL		
12.30 - 13.00 ROUND 9	12.30 - 13.00 INDOOR CYCLING	12.00 - 12.45 BODYWORX	12.30 - 13.00 INDOOR CYCLING			
			13.00 - 13.30 RBT			
17.15 - 17.45 LEGS, BUMS & TUMS	17.00 - 17.30 RBT	17.15 - 17.45 KETTLEBELL	17.15 - 17.45 RBT	17.15 - 17.45 ROUND 9	<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 - 18.00 BODYWORX	17.30 - 18.00 INDOOR CYCLING	17.45 - 18.15 SWEAT	17.45 - 18.00 ABS	18.00 - 18.30 INDOOR CYCLING		
18.00 - 18.45 HIIT CYCLE	18.15 - 18.45 KETTLEBELL	18.15 - 19.00 INDOOR CYCLING	18.15 - 18.45 HIIT CYCLE			
18.00 - 19.00 LEVEL UP	18.45 - 19.15 HIIT STEP	18.30 - 19.30 LEVEL UP				
19.00 - 19.30 CARDIO STEP		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

01723 585870 contact@fashionablefitness.club fashionablefitness.club   



FASHIONABLE FITNESS

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.

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.

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!

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.

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.

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.

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!

Pilates

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

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.

Round 9

Expect to get to grips with foot work, bobbing & weaving techniques & an array of Hiit/ Power exercises. Strengthening the core & back helping to create the posture you strive to achieve. Throughout 9 rounds you wont only just be working your arms but your full body, helping you tone, burn fat & Loose weight in one hit.

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.

Sweat

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

Toning Circuits

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

CLASS DESCRIPTIONS

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