MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.00 - 07.00 H Y R O X	06.00 – 07.00 LIFT	06.00 - 07.00 H Y R O X	06.00 – 06.45 INDOOR CYCLING	06.00 - 07.00 H Y R O X	07.00 - 08.00 H Y R O X	
07.00 - 08.00 LIFT	07.00 - 08.00 H Y R O X	07.00 - 07.45 HIIT & BURN	07.00 - 07.45 SWEAT	07.15 - 07.45 RBT	08.15 - 08.45 INDOOR CYCLING	08.00 - 08.45 SWEAT
09.30 - 10.00 RHYTHM & TONE	09.30 – 10:30 VIBE AND THRIVE	09.30 – 10:00 PULSE & SCULPT	09.30 – 10:00 TONING CIRCUITS	09.30 - 10.00 CARDIO BARS	09.00 - 09.30 KETTLEBELL	09.00 - 09.30 PULSE & SCULPT
		11.30 - 12.30 PILATES	11.00 - 12.00 PILATES	10.00 - 10.30 KETTLEBELL		
12.30 - 13.00 RBT	12.00 - 12.45 BODYWORX					
17.15 - 17.45 LEGS, BUMS & TUMS	17.00 – 17.30 RBT	17.15 - 17.45 KETTLEBELL	17.15 - 17.45 INDOOR CYCLING	17.00 - 17.30 RBT		
17.15 - 18.00 RBT	17.35 - 18.05 ROUND 9	17:45 - 18.15 SWEAT	18.00 - 19.00 LIFT	17.45 - 18.45 H Y R O X		
18.00 - 19.00 H Y R O X	18.15 – 18.45 KETTLEBELL	18.30 - 19.00 CARDIO STEP				
18.00 - 18.30 CARDIO STEP	18.45 - 19.45 H Y R O X	19.15 - 19.45 CARDIO BARS				

Call 01723 585870 to reserve your space today!

Class Bookings

Head over to our website to book classes online. Please ask at reception if you require a login.

All classes are included in memberships

All classes are available to Non-Members at £6.50 per class.

H Y R O X

3 class per week at £22.00 PM.
Extra classes £6.50 for Members
1 off class £6.50 per member or £10.00 per Non member.

CLASS TIMETABLE

01723 585870 **contact@fashionablefitness.club** **fashionablefitness.club**

FASHIONABLE FITNESS

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 & Burn
45 minute class working the full body using only bodyweight exercises in a hiit style format. Working every muscle group, focusing on building stamina, cardiovascular endurance, toning those muscles and moving with intensity. Expect mountain climbers, jumping jacks, burpees, squat jumps and more.

HYROX
HYROX Group Training is a complete functional athletic workout program implementing: Aerobic Capacity, Muscular Strength, Power, Agility, and Coordination.

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!

LIFT
Build power, Move Better & Feel Stronger. Transform the way you train with our dynamic strength & conditioning class. Each session blends functional strength, conditioning & mobility to help build lean muscle, boost endurance & perform at your best.

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

Pulse & Sculpt
A low impact class, burning and toning those muscles to the beat of the music. Find that mind to muscle connection. Pulse & sculpt your way through a 30 minute full body burner working from the top of the body with the arms, down to the legs, glutes and finishing on the floor with a core burner. Using body weight and light hand weights feel your strength building.

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.

Vibe and Thrive
A friendly, feel-good class that makes moving more fun! Enjoy a mix of classic aerobics, upbeat music and a simple weights circuit. Move at a pace that suits you, build strength and Fitness and leave with a smile. Everyone is welcome.

CLASS DESCRIPTIONS

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