

VIRTUAL CLASS TIMETABLE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00	Express Cardio (30 mins) Fitness team - Andrei	Legs, Bums & Tums (45mins) Fitness team - Charlotte	HIIT & Abs (45 mins) Fitness team - Samantha	Body Tone (45 mins) Fitness Team - James			
08:15							
08:30							
08:45					Vinyasa Flow £ (1 hour 15 mins) Ulla Vogl		
09:00	Pilates all abilities £ (1 hour) Kirsten Cowan	Pilates all abilities £ (1 hour) Kirsten Cowan	Pilates all abilities £ (1 hour) Kirsten Cowan		Functional Strength £ (1 hour) Sarah Lasenby	Vinyasa Yoga £ (1 hour) Sally Hodgetts	
09:15	Pilates Stretch & Release £ (1 hour) Sarah Lasenby			Fitness Pilates £ (1 hour) Nicky Howard			
09:30							
09:45							
10:00	Hatha Yoga £ (9:30am - 10:45am) Ulla Vogl						
10:15		Tai Chi £ (1 hour 30 mins) Steve Munn					
10:30						Zumba £ (1 hour) Lucile Eade Brachet	
10:45							
11:00			Pure Stretch (45 mins) Fitness team - Samantha				
11:15							
11:30		Core Blast (30 mins) Fitness team - Charlotte					
11:45							
12:00							
12:15							
12:30	Legs, Bums & Tums (45 mins) Fitness Team - Andrei	Yin Yoga £ (1 hour 15 mins) Steve Munn	Pilates all abilities £ (1 hour) Sophie Hewitt	HIIT & Abs (45 mins) Fitness Team - James			
12:45							
13:00							
13:15							
13:30							
13:45							
17:00							
17:15							
17:30							
17:45			Pilates Beg/Int £ (1 hour) Sarah Lasenby				
18:00	Yin Yoga £ (1 hour 15 mins) Steve Munn	Yoga Foundation £ (1 hour) Sally Hodgetts	Rocket Yoga £ (6-7) Sally Hodgetts	Tai Chi £ (1 hour 15 mins) Steve Munn	Ashtanga Vinyasa £ (1 hour) Sally Hodgetts		
18:15		Pilates all abilities £ (1 hour) Sophie Hewitt	Zumba £ (6.30-7.30) Lucile Eade Brachet				
18:30							
18:45		Inter Rocket Yoga £ (1 hour 15 mins) Sally Hodgetts					
19:00							
19:15							
19:30	Hatha Flow (1 hour 15 mins) £ Steve Munn		Vinyasa Flow £ (1 hour 15 mins) Steve Munn		Yin Yoga £ (1 hour) Sally Hodgetts		
19:45							
20:00							
20:15							
20:30							
20:45							
21:00							
21:15							
21:30							

INTERNAL CLASSES

These classes are in white. There is no need to book classes taken by the fitness team and you can take part in as many as you like during the week.

Zoom information can be found on the Members Area of the website and in In Touch. These details are the same for each class.

Please join five minutes before the class starts.

EXTERNAL CLASSES

These are highlighted in blue and are paid for classes.

Use the contact details on the following page to book external classes directly with the instructors.

This timetable may be subject to change

FURTHER INFORMATION



INTERNAL CLASS DESCRIPTIONS

BODY TONE

An all-round aerobic workout to exercise your entire body using a variety of equipment from bars, steps & kettlebells to help build lean muscle and increase your cardio endurance.

LEGS, BUMS & TUMS

A variety of resistance, floor-based and aerobic exercises to strengthen and tone the muscles in your lower body.

HIIT & ABS

This class fires up your metabolism, burns plenty of calories and targets your core. 30 minutes of intense cardio followed by core training and a cooldown.

EXPRESS CARDIO

An energetic, effective, and efficient cardio workout using bodyweight exercises to spike the heart rate, & burn calories, followed by core strengthening exercises.

CORE BLAST

A short yet challenging class that targets your abs, back and mid-section. A strong core can help improve your balance, posture and overall strength.

PURE STRETCH

A class to improve flexibility and mobility, focusing on core strength through stretching sequences.

EXTERNAL INSTRUCTOR INFORMATION

INSTRUCTOR	CLASSES	PRICE	CONTACT DETAILS
Kirsten Cowan	Pilates (all abilities)	£10.00 per class	Kirsten.cowan@btinternet.com
Sarah Lasenby	Pilates - Stretch and release Functional Strength Pilates Beginner/Intermediate	£10.00 per class Offer - Buy 2 classes a week for £18.00 and get your 3rd class for free	Sarahlasenby@btinternet.com
Ulla Vogl	Hatha Yoga Yin Yoga Vinyasa Flow	£8.00 per class - Offer - Buy 5 for £35 or 10 for £60	ullavogl24@gmail.com 07540 188 557
Steve Munn	Tai Chi Yin Yoga Hatha Flow Vinyasa Flow	N/A	anaherayoga@yahoo.co.uk 07770 945416
Sophie Hewitt	Pilates (all abilities)	£12.00 per group class or £50.00 for a private session	sophie@flexpilates.fit 07986 681 635
Lucile Eade Brachet	Zumba	£4.00 per class	lubrachet@gmail.com
Nicky Howard	Fitness Pilates	£5.00 per class	nickyhowrd@hotmail.com
Sally Hodgetts	Yoga	£7.00 per class	Book - www.greenleavesyoga.com SallyHodgettsYoga@gmail.com 07749 961122