

# WEEKLY CLASS PROGRAMME

## Class Descriptions

**Aqua Fit** – A low-impact, water-based workout to build strength and flexibility while protecting joints.

**Aqua Blast** – A dynamic pool session blending cardio bursts with resistance training for a full-body challenge.

**Boxercise** – Combines boxing drills and aerobic conditioning for fitness, coordination, and stress relief.

**BOXFIT Omnia 8** – Combines boxing movements and strength exercises using Omnia equipment.

**Cardio Dance** – A lively mix of dance styles for fun, energy, and cardiovascular fitness.

**CIRCUITS Omnia 8** – A high-energy circuit workout using the Omnia frame, combining strength, cardio, and endurance exercises.

**Contemporary Moves** – Modern dance-based movement with flowing choreography and expression.

**Dance Conditioning** – Blends dance and fitness techniques to improve strength, flexibility, and endurance.

**ENERGIZE30 Omnia 8** – A quick 30-minute Omnia-based workout for busy schedules, combining power and cardio.

**HIIT Omnia 8** – High-intensity interval training using the Omnia frame to boost stamina and strength quickly.

**Junior Dance** – Energetic and creative dance sessions for children, promoting rhythm, coordination, and confidence.

**Kettlebell Omnia 8** – Full-body strength session using kettlebells to improve power and conditioning.

**Legs, Bums & Tums** – A targeted session to strengthen and tone your lower body and core.

**Move it or Lose it** – A fun, low-impact fitness class to improve mobility, balance, and coordination, perfect for all ages.

**Pilates** – Controlled movements that improve flexibility, posture, and core strength.

**Spin45** – An intense 45-minute indoor cycling session for cardiovascular fitness and calorie burn.

**Studio Strength** – Full-body workout focusing on muscular endurance and toning with weights and body resistance.

**Step & Strength** – Cardio step routines mixed with resistance exercises for a balanced workout.

**Yoga (Stretch)** – Gentle stretching and yoga flow to improve flexibility and relaxation.

**Warrior Wednesday** – Functional strength training focusing on mobility and resilience.

Monday			
Time	Class	Location	Instructor
07.00-07.30	CIRCUITS Omnia 8	Gym	Mark
07.45-08.45	Aqua Fit	Small Pool	Nicky
09.30-10.15	Spin45	Studio 1	Mark
10.30-11.15	Legs, Bums & Tums	Studio 2	Mark
12.15-13.00	Aqua Fit	Small Pool	Steph
12.30-13.00	CIRCUITS Omnia 8	Gym	Jordan
14:00-14:45	Move it or Lose it	Studio 2	Chris
16.00-16.30	Junior Dance ages 1-4	Studio 2	Kei
16.30-17.15	Junior Dance ages 5-8	Studio 2	Kei
17.15-18.00	Junior Dance ages 9-12	Studio 2	Kei
17.30-18.15	Spin45	Studio 1	Matt
18.00-18.30	CIRCUITS Omnia 8	Gym	Gary
18.30-19.15	Studio Strength	Studio 2	Matt
18.45-19.15	Dance Conditioning	Studio 1	Kei
19.15-20.00	Contemporary Moves	Studio 1	Kei
19.30-20.15	Pilates	Studio 2	Chris
20.00-20.45	Cardio Dance	Studio 1	Kei

Tuesday			
Time	Class	Location	Instructor
06:45-07:15	HIIT Omnia 8	Gym	Mark
09.30-10.15	Spin45	Studio 1	Mark
10.30-11.15	Studio Strength	Studio 2	Mark
11.30-12.15	Pilates	Studio 2	Chris
12.30-13.00	ENERGIZE30 Omnia 8	Gym	Gym Staff
15.00-15.45	Aqua Blast	Small Pool	Nicky
17.30-18.15	Spin45	Studio 1	Matt
17.30-18.15	Legs, Bums & Tums	Studio 2	Jordan
18.30-19.15	Studio Strength	Studio 2	Matt
18.30-19.15	Spin45	Studio 1	Jordan
18:45-19:45	Aqua Fit	Small Pool	Nicky
19.00-19.30	CIRCUITS Omnia 8	Gym	Jordan

Wednesday			
Time	Class	Location	Instructor
07.00-07.30	BOXFIT Omnia 8	Gym	Mark
09.30-10.15	Spin45	Studio 1	Mark
10.30-11.15	Boxercise	Studio 2	Mark
11:30-12:15	Move it or Lose it	Studio 2	Nicky
12.30-13.00	CIRCUITS Omnia 8	Gym	Jordan
15.00-15.45	Aqua Fit	Small Pool	Nicky
17.30-18.15	Warrior Wednesday	Studio 2	Lea
18.30-19.15	Step & Strength	Studio 2	Gary
18.45-19.45	Aqua Fit	Small Pool	Nicky
19.30-20.00	CIRCUITS Omnia 8	Gym	Gym Team

Thursday			
Time	Class	Location	Instructor
06:45-07:15	KETTLEBELL Omnia 8	Gym	Mark
09.30-10.15	Spin45	Studio 1	Jordan
10.30-11.15	Studio Strength	Studio 2	Jordan
12.00-12.30	CIRCUITS Omnia 8	Gym	Gym Team
17.30-18.15	Spin45	Studio 1	Matt
17.30-18.15	Yoga (Stretch)	Studio 2	Chris
18.30-19.15	Studio Strength	Studio 2	Matt
18.30-19.00	CIRCUITS Omnia 8	Gym	Gym Team

Friday			
Time	Class	Location	Instructor
07.00-07.30	HIIT Omnia 8	Gym	Gym Staff
09.30-10.15	Spin45	Studio 1	Matt
10.30-11.15	Legs, Bums & Tums	Studio 2	Matt
11.45-12.45	Aqua Fit	Small Pool	Ruth
11.30-12.15	Pilates	Studio 2	Chris
12.45-13.15	CIRCUITS Omnia 8	Gym	Jordan
13:00-13:45	Move it or Lose it	Studio 2	Chris
17.30-18.15	Spin45	Studio 1	Jordan
18.30-19.15	Legs, Bums and Tums	Studio 2	Jordan
18.45-19.30	CIRCUITS Omnia 8	Gym	Gym Team

Saturday			
Time	Class	Location	Instructor
07.00-07.30	CIRCUITS Omnia 8	Gym	Mark
08.00-08.45	Studio Strength	Studio 2	Mark
09.00-09.45	Spin45	Studio 1	Mark
09.00-10.00	Pro Ballet	Studio 2	Kei
10.15-11.00	Dance Stretch	Studio 2	Kei
11.15-12.00	Dance Express	Studio 2	Kei
12.15-12.45	CIRCUITS Omnia 8	Gym	Mark
12.30-13.30	Cardio Dance	Studio 2	Kei
17.15-17.45	CIRCUITS Omnia 8	Gym	Gary

Sunday			
Time	Class	Location	Instructor
08.15-08.45	CIRCUITS Omnia 8	Gym	Gym Team
09.00-09.45	Spin45	Studio 1	Matt
10.00-10.45	Studio Strength	Studio 2	Matt
12.00-12.30	CIRCUITS Omnia 8	Gym	Gym Team
17.00-17.30	CIRCUITS Omnia 8	Gym	Gary