

This timetable is valid until **22nd November 2009** and is subject to change.

⁽¹⁾ First Come First Served Basis. Please pick up a token at Reception.

Monday

Body Con	*	7.00 – 8.00 am	Lenka
Hi Lo ⁽¹⁾	***	9.00 – 10.30 am	Steve
Aqua Aerobic	*	9.30 – 10.30 am	Lisa
Pilates	*	10.30 – 11.30am	Eline
Body Attack	**	11.30 – 12.30 pm	Ismail
Body Con	*	12.30 – 1.30 pm	Louise
Pilates	*	13.30 – 14.30 pm	Gianni
Hi-Lo	***	15.30 – 16.30 pm	Steve
Hatha Yoga	*	17.30 – 18.30 pm	Manuela
Kick Boxing	*	19.00 – 20.00 pm	Jozsef

Tuesday

Yoga Hatha	*	7.00 – 8.00 am	Svava
Spinning	**	7:00 – 8:00 am	Eva
Ab's Class	*	9.00 – 9.30 am	Trainer
HI/LO ⁽¹⁾	***	9.30 – 10.30 am	Steve
Body Con	*	10.30 – 11.30 am	Louise
Pilates	*	11.30 – 12.30 pm	Eline
Yoga Hatha	*	1.30 – 3.00 pm	Arup
Dance and Tone	*	6.00 – 7.00 pm	Inta
Spinning	**	6.30– 7.30 pm	Chris
Pilates	*	7.00 – 8.00 pm	Gianni

Wednesday

Pilates	*	7.00 – 8.00 am	Inta
Body Con	*	9.30 – 10.30 am	Louise
Tone & Stretch	*	10.30 – 11.30 am	Ismail
Aqua Aerobic	*	10.30 – 11.30 am	Maria
Pilates	*	11.30 – 12.30 pm	Cynthia
Circuit ⁽¹⁾	***	12.30 – 1.30 pm	Steve
Yoga Hatha	**	1.30 – 3.00 pm	Arup
Tai Chi	***	7.00 – 8.00 pm	Vincent
Tai Chi	*	8.00 – 8.30 pm	Vincent

Thursday

LBT	*	7.00 – 8.00 am	Veronica
Aqua Aerobic	*	9.00 – 10.00 am	Maria
Core Stability	*	9.00 – 9.30	Trainer
Hi Lo ⁽¹⁾	**	9.30 – 10.30 am	Steve
Pilates	*	10.30 – 11.30 pm	Laura
Core Con	**	11.30 – 12.30 pm	Dino S
Hi-Lo/Abs	*	12.30 – 13.30 pm	Maria
Yoga Ashtanga	*	1.30 – 3.00 pm	Valentina
Dynamic Yoga	**	6.00 – 7.00 pm	Aisha
Spinning	**	6.15 – 7.00 pm	Chris
Dynamic Yoga	*	7.00 – 8.00 pm	Aisha
Pilates	**	8.00 – 9.00 pm	Gianni

Friday

Yoga Beginner	*	7.00 – 8.00 am	Manuela
Yoga Beginner	*	8.30 – 9.30 am	Manuela
Spinning	**	9.30 – 10.30am	Eva
Body Con	*	9.30 – 10.30 am	Louise
Aqua Aerobics	*	10:30 – 11:30 am	Eva
LBT	**	10.30 – 11.30 am	Ismail
Pilates	*	11.30 – 12.30 pm	Sheila
On The Ball	**	12.30 – 1.30 pm	Ismail
Kick Boxing	*	7.00 – 8.00 pm	Jozsef

Saturday

Pilates	*	7.30 – 8.30 am	Inta
Yoga	**	8.30 – 10.00 am	Luis
Aqua Aerobics	*	9.30 – 10.15 am	Ismail
Power Con ⁽¹⁾	*	11:00 – 12:00 am	Kim
Low & Tone	*	12:30 – 01:30 pm	Ismail
Yoga Hatha	*	3.00 – 04.30 pm	Karl

Sunday

Yoga Ashtanga	*	9.30 – 11.00 am	Manuela
Sculpt/Pilates	*	11.00 – 12.00 am	Cynthia
Step	***	12.00 – 01.00 pm	Kim

Class Levels

- * **General:** Classes in this level are suitable for all exercise of all abilities, age, experience and fitness.
- ** **Intermediate:** Classes for those used to exercising for a moderate level of fitness
- *** **Advanced:** Classes for participants of high levels of fitness, used to exercise in such classes

Class Description

Yoga It's a mind-body discipline, around for thousands of years, which incorporates breathing techniques, posture and positions. If you are interested in experiencing a challenging, relaxing, invigorating and restful movements session then Yoga is a great choice.

Dynamic Yoga It's a different approach to the traditional style of Yoga, it incorporates less held positions and more dynamic movements. The class still incorporates the posture, breathing and well being aspects that yoga has become so popular for but presents it in a high energy style class. Ideal for weight loss and toning with a healthy mind and body approach.

Tai Chi An ancient movement form with its roots in China, encompasses continuous movement and sequences from one position to another and requires the mind to be integrally involved throughout. Benefits include mild cardiovascular conditioning, when performed properly, muscular strengthening and improved mobility, balance and coordination.

Aqua Aerobics An excellent cardiovascular workout combined with body conditioning all performed in the weightlessness of water. While this class is a good choice for anyone wanting a good total body workout, it is ideal for those with joint injuries that require a non-impact workout environment.

Kick Boxing With the use of authentic Muay Thai martial art skills a class has been developed that strengthens, stretches and coordinates the body to a fighting fit shape.

Body Conditioning A class that focuses on strengthening and conditioning all of the major muscle in the body. The use of body weight as well as external apparatus is used to shape the body.

Body Attack A class that uses both body weight and free weight exercises to shape and burn key areas.

Low and Tone This class tones and conditions that body in a low impact style, leaving you with a great workout.

Circuit A good old tried and tested approach to exercise, leaving you with a feeling of a full body workout.

Pilates The concept of Pilates was developed by Joseph Pilates in the 1920's. It focuses upon the use of correct posture alignment through specific exercises it focuses on quality of movement and thus is a great way of coaching the body to perform in a functional/efficient manor, great for everyone.

HI/LO The use of Hi and Low impact aerobic combinations and provides the participants with a fun and effective cardiovascular burning workout followed by abdominal exercises. Suitable for intermediate to advanced fitness levels.

(LBT) Legs, Bums & Tums This class focuses on the key areas with the use of body weight exercises and floor exercises giving you a great burn.

Core Conditioning This class focuses on the all important muscles that support the postural system. Not only is it good for toning, it's also a great way of strengthening your spine.

On the Ball With the use of the latest innovative exercises a well balanced class has been designed to tone, coordinate and shape your physic with a focus on posture.

Pure Pump Non-Impact Resistance Training class that uses adjustable weights, great for toning and sculpting.

Please Note:

- Classes are closed 10minutes after the schedule start time to prevent injury from inadequate warm up.
- If you have any condition or medical condition please gain clearance from your practitioner before commencing exercise and then advice the instructor of your condition.
- Our aim is to provide safe, effective and enjoyable classes with professional instruction. All the instructors employed are appropriately qualified.

Aqua Class is down at the pool on level 2

Spinning Class is down in the water garden located near the pool on level 2