

## SPRING 2023 – CLASS TIMETABLE

Please book up to 7 days in advance with the St. Mellion Team **01579 352003**

Please bear in mind, the timetable is subject to change

		AM					PM		
<b>Monday</b>	<b>09:15-10:00</b> Body Pump  Diane	<b>10:15-11:00</b> BodyBalance  Diane	<b>11:15-12:15</b> Yoga  Diane	<b>11:30-12:15</b> Aqua  Gemma	<b>12:30-13:15</b> Pilates  Gemma			<b>18:15-19:00</b> Body Combat  Lee	<b>19:00-19:45</b> Body Pump  Lee
<b>Tuesday</b>	<b>06:30-07:30</b> Circuits  Steve	<b>09:00-09:45</b> Ride  Gemma	<b>10:00-10:45</b> Pilates  Gemma	<b>10:00-10:45</b> Aqua  Sarah	<b>11:00-11:45</b> Whole Body Workout  Sarah			<b>18:00-18:45</b> Ride  Diane	<b>19:00-20:00</b> Body Pump  Diane
<b>Wednesday</b>	<b>09:00-09:45</b> Legs, bums & tums  Gym Team	<b>09:00-9:45</b> Ride  Diane	<b>10:00-10:45</b> Dance Fitness  Sarah	<b>11:00-11:45</b> Aqua  Sarah	<b>11:00-12:00</b> Stretch & Chill  Diane		<b>19:00-19:45</b> Pilates  Christian	<b>18:30-19:30</b> Kettlebells  Steve	<b>20:00-20:45</b> BodyBalance  Christian
<b>Thursday</b>	<b>09:00-09:45</b> Ride  Steve	<b>10:00-10:45</b> Aqua  Sarah	<b>10:00-10:45</b> HIIT  Steve	<b>11:00-11:45</b> Pilates  Sarah			<b>17:30-18.15</b> Ride  Diane	<b>18:30-19:00</b> Les Mills Core  Diane	<b>19:15-20:00</b> BodyBalance  Diane
<b>Friday</b>	<b>09:00-09:45</b> Ride  Steve	<b>09:00-09:45</b> Body Pump  Nikki	<b>10:00-10:45</b> Whole Body Workout  Sarah	<b>10:00-10:45</b> Aqua  Bex/Nikki	<b>10:30-11:30</b> Kettlebells  Steve	<b>11:00-11:45</b> BodyBalance  Sarah			
<b>Saturday</b>	<b>09:15-10:00</b> Ride  Diane	<b>10:15-10:45</b> Les Mills Core  Diane	<b>11:00-12:00</b> BodyBalance  Diane						
<b>Sunday</b>									

	Dance Studio		Main Pool
	Cycling Studio		Gym/outdoor exercise area

**Dance Studio****CLASS DESCRIPTIONS**

Aerotone	A fun & effective combination of aerobic routines and body toning exercises.
BodyBalance	A range of yoga based moves paired with an inspiring soundtrack to improve both your body and your mind.
BodyPump	The ultimate bar-bell workout to get lean, toned and fit fast.
Body Combat	Work your entire body in this high intensity martial arts inspired class.
Fitsteps	An upbeat dance class for a fun and expressive way to burn the calories.
Les Mills Core	Build endurance, stability and strength in this in this scientific core workout, challenging but achievable
Pilates	The perfect class for health and vitality, producing long lean muscles & improving posture.
Power Pilates	A focused fitness session with an emphasis on core strength, balance and control. Incorporates traditional mat work.
WBW	A whole body workout with a mix of strength, flexibility and core exercises.
Yoga	An energising practice that focuses on strength, flexibility and breath work to boost both physical and mental wellbeing.

**Pool**

Aqua	Make a splash with a range of water based exercises for a fun way to work out.
------	--

**Cycle Studio**

RIDE	A high intensity spin workout set to burn the calories and improve fitness.
------	---

**Gym**

Kettlebells	An endurance class concentrating on strength, balance & cardio.
Bootcamp	A vigorous & intense class designed to test your endurance levels & put you through your paces.
Legs, bums & tums	A full body aerobic workout that aims to tone up your thighs, bum and stomach.