

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

	Dance Studio		Main Pool
	Cycling Studio		Gym/outdoor exercise area

Dance Studio

CLASS DESCRIPTIONS



Body Balance	A range of yoga-based moves paired with an inspiring soundtrack to improve both your body and your mind.
Body Pump	The ultimate bar-bell workout to get lean, toned and fit.
Circuits	A vigorous & intense class designed to test your endurance levels & put you through your paces.
Combat Workout	Work your entire body in this high intensity martial arts inspired class.
Dance Fitness	Move to the rhythm, get fit & have a blast in our fun-filled class!
HIIT	A class of quick intense workouts for maximum results in a fun, energetic atmosphere.
Legs, bums & tums	A full body aerobic workout that aims to tone up your thighs, bum and stomach.
Les Mills Core	Build endurance, stability & strength in this in this scientific core workout, challenging but achievable.
Pilates	The perfect class for health & vitality, producing long lean muscles & improving posture.
Stretch & Chill	Enhance flexibility, prevent injuries & unwind in our calming class.
Whole Body Workout	A whole-body workout with a mix of strength, flexibility & core exercises.
Yoga	An energising practice that focuses on strength, flexibility & breath work to boost both physical & mental wellbeing.

Pool

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

RIDE	A high intensity spin workout set to burn the calories & improve fitness.
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Gym

Kettlebells	An endurance class concentrating on strength, balance & cardio.
Strength & Conditioning	A full body strength approach using the Olympic bars, dumbbells & resistance machines.

