

# CLASS TIMETABLE

## MONDAY

TIME	CLASS
09:15 - 10:00	Total Body Conditioning
18:00 - 18:45	Bootcamp
19:00 - 19:45	Zumba
20:00 - 20:45	HIIT

## TUESDAY

TIME	CLASS
10:00 - 10:45	Supple Strength
17:45 - 18:30	Circuits
18:45 - 19:30	Spin Fit
19:45 - 20:30	Supple Strength

## WEDNESDAY

TIME	CLASS
09:15 - 10:00	Total Body Conditioning
17:30 - 18:15	Circuits
18:30 - 19:15	Spin Fit
19:30 - 20:15	Zumba

## THURSDAY

TIME	CLASS
09:15 - 10:00	Total Body Conditioning
17:45 - 18:30	HIIT
18:45 - 19:30	Spin Fit
19:45 - 20:30	Supple Strength

## FRIDAY

TIME	CLASS
09:00 - 09:45	Spin Fit
10:00 - 10:45	Supple Strength

## SATURDAY

TIME	CLASS
09:00 - 09:45	Spin fit
10:00 - 10:45	Bootcamp



E-GYM

**BOOK YOUR CLASS ONLINE AT  
HOEBRIDGE GC.CO.UK/CLASSES  
AND CLICK 'BOOK A CLASS'**

TO BOOK ONLINE, YOU MUST HAVE REGISTERED YOUR MEMBERSHIP DETAILS.  
IF YOU NEED ASSISTANCE REGISTERING, PLEASE EMAIL [FITNESS@HOEBRIDGE GC.CO.UK](mailto:FITNESS@HOEBRIDGE GC.CO.UK).

OUR PRIMARY DUTY IS THE HEALTH & WELBEING OF OUR MEMBERS & OUR STAFF, SO WE PLEASE ASK FOR YOU TO READ OUR RULES & FAQ'S AT HOEBRIDGE GC.CO.UK BEFORE YOU ARRIVE.  
THANK YOU FOR YOUR COOPERATION.

# CLASS DESCRIPTIONS

## HIIT

High intensity interval training (HIIT) utilises quick efforts of intense exercise, followed by a period of recovery, giving you a complete workout and a metabolism boost for great weight loss.

## TOTAL BODY CONDITIONING

An ultra-effective combination of easy to master exercises to help you tone, strengthen and re-shape your body from top to toe.

## ZUMBA®

Zumba is a Latin dance inspired workout that is often called “exercise in disguise”. Combining low intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

## CIRCUIT TRAINING

An excellent way to improve mobility, strength and stamina. Circuit training comprises of exercises that are completed one exercise after another. Each exercise is performed for a specified number of repetitions or for a set time before moving on to the next exercise.

## SUPPLE STRENGTH

A perfect supplement to your cardio and weight training, Supple Strength blends elements of yoga, Pilates and stretching to create a challenging low-impact workout Targeting improvements in flexibility and posture this class is suitable for all levels.

## SPIN FIT

Using the latest Myride technology, Spin is a cycling based class with the addition of a huge video screen. Work to the beat of the music from rolling hills and climbs to varying intensities of sprinting.

## CORE & MORE

A core strengthening and stability class with added cardio and resistance exercises to give your body a complete workout.

**BOOK**  
**ONLINE NOW**

## BOX FIT

Box fit uses a range of low impact boxing techniques and pad work for a high energy and fun workout.