

CLASS TIMETABLE

MONDAY

TIME	CLASS
09:15 - 10:00	Core & More
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	Circuits
18:00 - 18:45	Spin Fit
18:45 - 19:30	Box Fit
19:30 - 20:15	Zumba

THURSDAY

TIME	CLASS
09:15 - 10:00	Core & More
18:00 - 18:45	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
18:00 - 18:45	Bootcamp

SATURDAY

TIME	CLASS
09:00 - 09:45	Spin fit
10:00 - 10:45	Box Fit



**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.

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.

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.

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.

BOOK
ONLINE
NOW

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.

CORE & MORE

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

BOOTCAMP

A high intensity full body class which includes a wide range of functional fitness exercises for a fun workout. A great class for building stamina and strength so do expect to be challenged and motivated along the way

BOX FIT

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