

CLASS TIMETABLE

MONDAY

TIME	CLASS
06:30 - 07:00	Virtual Spin Fit
09:15 - 10:00	Core & More
18:00 - 18:45	Bootcamp
19:00 - 19:45	Zumba
19:45 - 20:30	Supple Strength

TUESDAY

TIME	CLASS
06:30 - 07:00	Virtual Spin Fit
10:00 - 10:45	Supple Strength
17:45 - 18:30	Cardio Blast
18:45 - 19:30	Spin Fit
19:45 - 20:30	Supple Strength

WEDNESDAY

TIME	CLASS
06:30 - 07:00	Virtual Spin Fit
09:15 - 10:00	Cardio Blast
18:00 - 18:45	Spin Fit
18:45 - 19:30	Box Fit
19:30 - 20:15	Zumba

THURSDAY

TIME	CLASS
06:30 - 07:00	Virtual Spin Fit
09:15 - 10:00	Core & More
18:00 - 18:45	Cardio Blast
18:45 - 19:30	Spin Fit
19:45 - 20:30	Supple Strength

FRIDAY

TIME	CLASS
06:30 - 07:00	Virtual Spin Fit
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.

VIRTUAL SPIN FIT

MyRide virtual cycling offers a first-person video experience for an immersive and motivating cycling class. A great workout for building stamina and overall cardio fitness.

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

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.

CARDIO BLAST

This class combines strength, HIIT (high-intensity interval training), and cardio exercises into fun activities for a full-body workout utilising a range of equipment and body-weight exercises.

BOX FIT

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

BOOK ONLINE NOW