

# CLASS TIMETABLE

## MONDAY

TIME	CLASS
06:30 - 07:00	Virtual Spin Fit
09:15 - 10:00	Core & More
10:15 - 11:00	Supple Strength
18:00 - 18:45	MetCon
19:00 - 19:45	Zumba
19:45 - 20:30	Supple Strength

## 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

## 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

## 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	MetCon

## 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	MetCon
19:30 - 20:15	Zumba

## SATURDAY

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

## SUNDAY

TIME	CLASS
10:00 - 10:45	Spin fit
11:00 - 11:45	Supple Strength

**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).

# CLASS DESCRIPTIONS

## 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.

## METCON

Short for metabolic conditioning. It combines short bouts of cardiovascular and strength exercises to challenge your body in a rounded way, utilising circuits or stations of varied exercises and equipment to keep workouts interesting.

## 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.

## 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.

## CORE & MORE

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

**BOOK**  
**ONLINE**  
**NOW**