

CLASS TIMETABLE

MONDAY

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

TUESDAY

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

06:30 – 07:00	Virtual Spin Fit
09:15 – 10:00	MetCon
18:00 – 18:45	Spin Fit
18:45 – 19:30	MetCon
19:30 – 20:15	Zumba

THURSDAY

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

06:30 – 07:00	Virtual Spin Fit
09:00 – 09:45	Spin Fit
10:00 – 10:45	Supple Strength
18:00 – 18:45	MetCon

SATURDAY

09:00 – 09:45	Spin Fit
10:00 – 10:45	MetCon

SUNDAY

10:00 – 10:45	Supple Strength
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fitness@hoebridgegc.co.uk
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GYM



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A CLASS' ON OUR WEBSITE

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.

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.

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.

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.

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.

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.

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