

# CLASS TIMETABLE



GROSVENOR  
WATERSIDE  
HEALTH & FITNESS SPA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	08:15 - 09:00 <b>BIKE &amp; BUM</b>				10:00 - 10:45 <b>CIRCUITS</b>	10:00 - 10:45 <b>BIKE &amp; BUM</b>
13:00 - 13:30 <b>UPPER BODY</b>		17:30 - 18:15 <b>FULL BODY</b>	13:00 - 13:45 <b>PILATES</b>	13:00 - 13:30 <b>ABS AND CORE</b>	13:00 - 13:30 <b>LOWER BODY</b>	11:00 - 11:45 <b>BODY SCULPT</b>
18:30 - 19:15 <b>YOGA</b>	18:30 - 19:15 <b>ZUMBA®</b>	18:30 - 19:15 <b>YOGA</b>	18:30 - 19:15 <b>CIRCUITS</b>	18:30 - 19:30 <b>HATHA YOGA &amp; MEDITATION</b>		

# CLASS DESCRIPTION



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CLASS NAME	DESCRIPTION
<b>BIKE &amp; BUM</b>	Need a new exciting way to train your lower body? A new class incorporating spin and weight training exercises to be a challenge but still fun. Bikes & Bums will have you cycling, squatting and hip thrusting your way to a better version of you!
<b>LOWER BODY</b>	A tantalising approach to building and growing your glutes, quads and hamstrings and get your lower body fighting fit. Tried and tested approaches to not just training hard but, training smarter.
<b>FULL BODY</b>	A full body approach to training. This class is designed to condense upper and lower for the individual that is low on time and needs a proper work-out. This is where smart meets tough!
<b>CIRCUITS</b>	If its not broken don't fix it! Circuits are a staple HIIT style workout combining cardio, weights and body weight exercises. This is a sure fire way to burn calories, tone up and learn creative ways to stack movements to supplement your own training.
<b>BOOT CAMP</b>	Another staple HIIT workout, typically using body weight exercises and movements. This class will be great at improving functional and cardiovascular fitness.
<b>BODY SCULPT</b>	A great way to define, sculpt and build lean muscle. Focuses on intense isolation exercises with free weights and resistance, ending with abs-exercises. This class uses a variety of rep ranges and exercises to improve full body strength and muscular endurance.
<b>EXERCISE BOXING</b>	A boxing class tailored to you and your goals! A non-contact class which will improve technique, cardio-vascular endurance and get you in shape.
<b>HATHA YOGA &amp; MEDITATION</b>	Hatha yoga is a slow type of yoga that focuses on posture and breathing techniques to channel vital energy sources. The practice involves breath, body, and mind. Additionally, this class will end with a 15-minute singing bowl meditation to harmoniously reduce daily stress and relax.
<b>YOGA</b>	Back by popular demand! Improve your flexibility and strength while reducing your risk to injury in our yoga class! It might look easy but be ready for a sweaty workout when you come to this class.
<b>ZUMBA®</b>	If you're looking for an exercise class that feels more like a night out than a workout, Zumba® is the perfect fit for you! Zumba® brings people together through group exercise classes that blend rhythmic Latin music with high-intensity cardio dance moves to make getting in shape more fun than ever. Get a full-body workout while forgetting you're even exercising by joining this class. Great for all fitness levels!
<b>CORE</b>	To every strong structure or exterior is an even stronger core. This focused workout will push you to your limit where you must crunch, twist and plank your way to the end. Everyone at all skill levels and abilities is welcome to this all star level class.