

# FEBRUARY TIMETABLE

Time	MON	TUES	WED	THURS	FRI	SAT	SUN
10:00						<b>LES MILLS BODYPUMP</b> NADINE (45 MIN)	<b>LES MILLS BODYPUMP</b> AKRAM
11:00	<b>PILATES</b> KELLY	<b>LES MILLS BODYBALANCE</b> UROSH	<b>YOGA</b> KREMENA	<b>Fitness Pilates</b> UROSH	<b>Fitness Pilates</b> UROSH	<b>LES MILLS BODYATTACK</b> UROSH/OSCAR	<b>LES MILLS BODYBALANCE</b> UROSH
12:00							<b>LES MILLS CORE</b> UROSH
12:45							
16:00	<b>LES MILLS BODYPUMP</b> HAMZA	<b>LES MILLS BODYATTACK</b> UROSH	<b>LES MILLS BODYPUMP</b> RICHARD	<b>UROSH</b>	<b>LES MILLS BODYPUMP</b> MARIA		<b>YOGA</b> KREMENA
17:05		<b>LES MILLS CORE</b> UROSH	<b>LES MILLS BODYCOMBAT</b> RICHARD	<b>LES MILLS BODYBALANCE</b> UROSH			
17:45	<b>UROSH</b>						
18:00					<b>BOXFIT</b> NASHA		
18:45	<b>BOXFIT</b> NASHA	<b>BOOT CAMP</b> NASHA		<b>BOOT CAMP</b> NASHA			
19:00							

## CYCLING STUDIO : CLASS CAPACITY - 12

11:00						<b>LES MILLS RPM</b> MARIA	
11:30							<b>LES MILLS sprint</b> AURELIE
16:00							
17:00							
17:15	<b>LES MILLS sprint</b> UROSH		<b>LES MILLS sprint</b> UROSH				
17:30				<b>LES MILLS RPM</b> AURELIE			

## OUTDOOR AREA : CLASS CAPACITY - 20

Time	MON	TUES	WED	THURS	FRI	SAT	SUN
18:00							
18:45	<b>PACT</b> DANNY		<b>PACT</b> DANNY				
19:00							



## Body Pump

BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for - and fast!



## Body Balance

BODYBALANCE™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses set to music create a holistic workout that brings the body into a state of harmony and balance.



## CX Worx

CXWORX™ is a 30-minute workout that hones in on the torso and sling muscles which connect your upper body to your lower body. It is ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.



## Body Combat

BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic programme is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors, strike, punch, kick and kata your way through calories to superior cardio fitness.



## Sh'Bam

A fun-loving, insanely addictive dance workout. SH'BAM™ is an ego-free zone - no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower - even if you walk in thinking you can't, you'll walk out knowing you can! SH'BAM is available as either a 45 or 30-minute workout.



## Body Attack

BODYATTACK™ is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hardcore competitor!



## Sprint

LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results.



## RPM

RPM™ is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials and interval training. Discover the athlete within as you sweat and burn to reach your endorphin high.



## TRX MPACT

TRX Mpack classes will push you to new levels of strength using the TRX Suspension Trainer and your own bodyweight. While Mpack classes emphasize the development of quality functional strength and lean muscle mass, you'll still get a healthy dose of heart-pumping conditioning drills to give you an extra challenge in each session.

TRX Mpack will leave you quivering, in a good way, long after your workout is complete.

This class is for all levels but please arrive 15mins prior to the start of class if this is your first time.



## TRX Xpress Performance

A 40-Minute version of The Aviation Clubs TRX M-PACT workout.

This advanced level class focuses on athletic performance and cardiovascular conditioning. Be ready to increase power, strength and endurance with this total body workout.

A base level of fitness and prior TRX experience is recommended. This class is appropriate for most levels but not recommended for beginners



## Hatha Yoga Sivananda

The Sivananda school is a time tested hatha flow that combines pranayama (breathing) and 14 postures with variation. This style works effectively on the physical mental and psychic bodies. This style allows students to come in and allow themselves to be able to follow the class and sequence at any given time.



## Fitness Pilates

Fitness Pilates is a modern adaptation of Pilates designed by Nikola Vojinovic that takes elements of traditional Pilates and Fitness principals to create a workout that focuses on the postural alignment and improving overall core strength in different phases while maintaining a up tempo atmosphere to your favorite music.



## Pilates

Pilates aims at obtaining and maintaining the uniform development of the body, mental health and being able to perform with ease, naturalness and spontaneity our various daily tasks. This, nowadays, sounds just as it did when it was written in 1945.



## Bootcamp

Bootcamp is our first gym floor based class. A high intensity workout, it is aimed to keep you moving and maximize calorie burn, tones muscle, maximizes fat loss, and increase metabolism. Every workout is different and every person is given progression and regressions options so its perfect for beginners and advanced.



## The TRIP®

THE TRIP® is a fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey through digitally-created worlds. With its cinema-scale screen and sound system, THE TRIP® takes motivation and energy output to the next level, burning serious calories.



## LES MILLS™ Virtual

Workout anytime with your favourite instructor. LES MILLS™ Virtual workouts combine our world-leading fitness programs with pumping sound and motivation from some of the hottest instructors on the planet. It's a truly inspiring experience that will drive amazing results delivered in the 21st century style.



## BOXFIT

BoxFit offers a boxing inspired fitness program that incorporates a functional, interval, cardiovascular, and circuit training regimens. The programs consist of circuits of boxing movements that will help burn those calories and teach the fundamentals of boxing and boxing associated skills.