

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|--|---|--|---|--|
| Group Cycling 08.45 - 09.30 Paul | Group Cycling 06.00 - 06.45 Paul | Legs Bums Tums 08.45 - 09.30 Leighton | Group Cycling 06.00 - 06.45 Paul | Abs Blast 9.00 - 9.30 Paul | Group Cycling 08.45 - 09.30 Paul | Pilates 08.45 - 09.30 Lucy |
| Barbell Workout 09.35 - 10.20 Sam | Body Conditioning 09.00 - 09.40 Eve | Core Workout 09.35 - 10.05 Sam | Group Cycling 09.00 - 09.30 Sam | Group Cycling 9.35 - 10.20 Paul | Circuits 09.40 - 10.25 Paul | Circuits 09.30 - 10.15 Lucy S |
| Body Conditioning 18.00 - 18.45 Graz | Abs Blast 09.45 - 10.15 Eve | Group Cycling 18.05 - 18.50 Paul | Functional HIIT 09.35 - 10.20 Leighton | Circuits 18.00 - 18.45 Lucy | | Yoga 09.30 - 10.15 Lucy |
| Box Fit 19.00 - 20.00 Graz | Circuits 17.30 - 18.15 Lori | Boxercise 19.00 - 20.00 Graz | HIIT Step 17.30 - 18.15 Lori | | | |
| | Abs Blast 18.15 - 19.00 Lori | | Kettlercise 18.20 - 19.05 Lori | | | |
| | | | Yoga 19.10 - 19.55 Lucy | | | |



GATESHEAD

| CLASS DESCRIPTIONS | | |
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| Group Cycling | A cycling class where you work to your own level. With amazing instructors and fantastic music! | |
| Body Conditioning | A full body workout to music. Using different equipment ranging from weights, steps, bands, dumbbells | |
| Yoga | Fantastic for the mind and body. This class helps improve strength and flexibility | |
| Abs Blast | 30 minutes of blasting the abs. Sit ups, planks, crunches, side bends, the lot! | |
| Box Fit | Join Graz as she combines boxing combinations and strength training at it's best | |
| Barbell - Toning | Join Paul and Sam as they put you through a full body workout with barbells and weights. Your traditional Pump style class | |
| Legs Bums & Tums | One of our most popular classes with PT Leighton. Using equipment from the gym but in the studio with awesome music! | |
| Pound | Imagine Pilates mixed with Yoga but holding drumsticks and listening to some rocking music with Sam | |
| Boxercise | Traditional Boxercise with Graz. Bring your buddy and pair up on the pads and gloves | |
| Functional HIIT | High Intensity Interval Training, a full body workout with Leighton | |
| HIIT Step | Combine HIIT with a step. Join Lori for this explosive fat burning calorie dropping class | |
| Kettlercise | A full body workout with Lori using Kettlebells | |
| Circuits | Work to your own level, different exercises around the room. Do one exercise for a certain amount of time, then move on | |