

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rig Class 6.30 - 7am	Metafit 6.30 - 7am	Suspension Training 6.30 - 7am	MMA 6.15 - 7am	Rig Class 6.30 - 7am	MMA Circuit 8 - 8.45am	Pyramids 9.45 - 10.30am
Kettlebells 10 - 10.30am	Crazy Core 10.30 - 11am	Studio Circuit 6 - 6.30pm	Suspension Training 10 - 11am	Pilates 11 - 12pm	Spin Class 9 - 10am	Abs 1 - 1.30pm
Studio Cycle 6 - 7pm	LBT 11.30 - 12.30pm	Crazy Core 6.30 - 7pm	Total Tone 11 - 12pm	Suspension Training 6 - 6.30pm	Stability Balls 2 - 3pm	Functional Fitness 2 - 3pm
Pilates 6 - 7pm	Tone it Up 6 - 6.45pm	Resistance Bands 7 - 7.30pm	Rig Class 6 - 6.30pm	MMA Grappling 6.30 - 7.30pm		
Kettlebells 7 - 7.45pm	Rig Class 6.15 - 7pm		Metafit 6.30 - 7pm			
Pole Dance Course* 7.30 - 8.30pm	Quick Spin 7 - 7.30pm		Tone Cycle 7 - 8pm			
	Kettlebells 7 - 7.45pm					
	Yoga 7 - 8pm					
	Quick Spin 7.30 - 8pm					

Class Timetable

All classes £7.50

[members free]

01787 828373

* This class is not included in membership

zest

health & fitness

No Quitters

Allowed

TONE CYCLE

Not just your standard Spin Class. This isn't just cardio but cardio & weights to get that full body workout.

PILATES

A class geared towards gentle toning and sculpting to define the body. Focusing on core and balance work, its a great workout in itself or incorporated as part of your training regime.

SUSPENSION TRAINING

Body-weighted resistance training using trx suspension straps. Aiming to develop strength, balance, flexibility and joint stability simultaneously.

STUDIO CIRCUIT

Weights and body weighted exercises all contained in the comfort of our studio. Set up as a circuit with variety in every class to keep the challenge and motivation high.

MMA GRAPPLING

Technical class teaching manoeuvres and counters applied to an opponent in order to gain a physical advantage in the sport of Mixed Martial Arts.

STUDIO CYCLE & QUICK SPIN

A cycling Class set to upbeat tunes to make your cardio more exhilarating

PYRAMIDS

Start from the bottom and climb your way to top. A selection of exercises set up in a pyramid format which either get harder or easier as you progress.

MMA CIRCUITS

A combination of bag technique and circuit exercises using both weights and bodyweight. From kicking and punching to kettlebell swings.

STABILITY BALLS

Stretching, toning and strengthening the core, as well as other muscles, using stability balls.

POLE DANCING

A six week course building upper body strength and technical knowledge on a pole. Dance and move with confidence.

FUNCTIONAL FITNESS

A slower toned down version of rig. Perfect for a relaxed Sunday workout but still not suitable for the half hearted.

TOTAL TONE

What it says on the tin. An all over body workout using different equipment each week.

LBT

Legs, Bums and Tums. All of our favourite bits thrown into a Class. Feel the burn.

YOGA

Not merely a stretching class but a group of physical, mental and spiritual disciplines. Perfect after heavy lifting to avoid injury.

CRAZY CORE

The muscle we all love to work the hardest. This class incorporates a variety of abs exercises to leave you aching for days.

RIG CLASS

A circuit based around and utilising our rig. With both body weighted and weights exercises set to two rounds of 30-45 sec stations. HIIT in a circuit setting, what more could you need.

METAFIT

A high intensity workout including a series of body-weight exercises with internal style training designed to keep your body burning calories long after your training session is complete. Designed by a former marine, this is a class you can be sure to push your limits in.

KETTLEBELLS

A variety of kettlebell weights using different exercises to workout the many different muscle groups. From around the world to figure 8's.

RESISTANCE BANDS

A variety of exercises using different strength resistance bands to get the heart pumping and your sweat pouring.

