

| Monday                                     | Tuesday                           | Wednesday                            | Thursday                                   | Friday                           | Saturday                                    | Sunday                                  |
|--|-----------------------------------|--------------------------------------|--|----------------------------------|---|---|
| <b>Wake &amp; Shake</b><br>6.30 - 7am      | <b>Metafit</b><br>6.30 - 7am      | <b>MMA</b><br>6.30 - 7am             | <b>Metapwr</b><br>6.30 - 7am               | <b>Rig Class</b><br>6.30 - 7am   | <b>MMA Circuit</b><br>8 - 8.45am            | <b>Circuit</b><br>9.45 - 10.30am        |
| <b>Kettle Bells</b><br>10.30 - 11am        | <b>Crazy Core</b><br>10.30 - 11am | <b>Kettle Bells</b><br>10 - 10.30am  | <b>Suspension Training</b><br>10.30 - 11am | <b>Pilates</b><br>11 - 12pm      | <b>Technique &amp; Tone</b><br>10 - 10.45pm | <b>Abs</b><br>1 - 1.30pm                |
| <b>Technique &amp; Tone</b><br>6 - 6.45pm  | <b>LBT</b><br>11 - 12pm           | <b>Boxercise</b><br>6 - 7pm          | <b>Total Tone</b><br>11 - 12pm             | <b>Metapwr</b><br>6 - 6.30pm     | <b>Stability Balls</b><br>2 - 2.30pm        | <b>Functional Fitness</b><br>2 - 2.30pm |
| <b>Studio Cycle</b><br>6 - 7pm             | <b>Tone it Up</b><br>6 - 6.45pm   | <b>Mindful Stretch</b><br>7 - 7.30pm | <b>Functional Strength</b><br>6 - 6.30pm   | <b>MMA Circuit</b><br>6.30 - 7pm |   |   |
| <b>Kettlebells</b><br>7 - 7.45pm           | <b>Rig Class</b><br>6.15 - 7pm    |                                      | <b>Metafit</b><br>6.30 - 7pm               |                                  |   |   |
| <b>Pole Dance Course*</b><br>6.30 - 7.30pm | <b>Kettlebells</b><br>7 - 7.45pm  |                                      | <b>Boxing Tech</b><br>7 - 8pm              |                                  |   |   |
|  | <b>Yoga</b><br>7 - 8pm            |                                      |  |                                  |   |   |

## Class Timetable

All classes £8

[members free]

01787 828373

\* This class is not included in membership



zeest

health & fitness

No Quitters

Allowed

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## TONE CYCLE

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

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## 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.

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## SUSPENSION TRAINING

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

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## 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.

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## STUDIO CYCLE & QUICK SPIN

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

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## LBT

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

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## MMA CIRCUITS

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

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## STABILITY BALLS

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

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## FUNCTIONAL FITNESS

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

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## 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.

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## TOTAL TONE

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

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## YOGA

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

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## 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.

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## METAFIT

A high intensity workout including a series of body-weight excercises 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.

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## KETTLEBELLS

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

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## RESISTANCE BANDS

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

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## BOXERCISE

Boxercise is an exercise class based on the training concepts boxers use to keep fit. Classes can take a variety of formats but a typical one may involve shadow-boxing, skipping, hitting pads, kicking punchbags, press-ups, shuttle-runs and sit-ups. Perfect after heavy lifting to avoid injury.

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