

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

Class Timetable

All classes £8

[members free]

01787 828373

* This class is not included in membership



zeest

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.

STUDIO CYCLE & QUICK SPIN

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

LBT

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

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.

FUNCTIONAL FITNESS

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

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.

TOTAL TONE

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

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.

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.

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.

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.

