



HOAR CROSS HALL

STAFFORDSHIRE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|--|--|---|---|---|
| 8.00-8.30 Body Conditioning ♥♥♥ | 8.00-8.30 HIIT ♥♥♥ | 8.00-8.30 Spin Express ♥♥♥ | 8.00-8.30 Body Conditioning ♥♥♥ | 8.00-8.30 Spin Express ♥♥♥ | 8.30-9.00 Spin Express ♥♥♥ | 8.30-9.00 Abs Blast ♥♥ |
| 9.15-10.00 Box Fit ♥♥♥ | 9.15-10.00 Spin ♥♥♥ | 9.15-10.00 Pump ♥♥♥ | 9.15-10.00 Spin ♥♥♥ | 9.15-10.00 Pump ♥♥♥ | 9.15-10.00 Spin ♥♥♥ | 9.15-10.00 HIIT Circuits ♥♥♥ |
| 10.15-11.00 Zumba ♥♥♥ | 10.15-11.00 Body Sculpt ♥♥♥ | 10.15-11.00 Zumba ♥♥♥ | 10.15-11.00 Legs, Bums & Tums ♥♥♥ | 10.15-11.00 Zumba ♥♥♥ | 10.00-11.00 Pilates ♥♥ | 10.15-11.00 Zumba ♥♥♥ |
| | | | 11.15-12.15 Yoga ♥♥ | 10.30-11.30 Pilates ♥ | 10.15-11.00 Pump ♥♥♥ | 11.15-12.00 Pilates ♥♥ |
| 11.15-12.15 Cardio Tennis ♥♥♥ | 11.30-12.15 Yoga Fusion ♥ | 11.15-11.45 Stretch & Relax ♥ | 11.15-11.45 HIIT ♥♥♥ | 11.45-12.30 Yoga stretch & relax ♥ | 11.15-12.00 Archery ♥ | 11.15-12.00 Archery ♥ |
| 11.35-12.35 Fitness Pilates ♥♥ | 12.30-13.15 Pilates ♥♥ | | 12.30-13.00 Yoga Relax ♥ | | 11.15-12.15 Yogalates ♥♥ | 12.15-12.45 Stretch & Relax ♥ |
| | 14.00-15.00 Yoga ♥♥ | | | | | |
| 14.00-14.45 Archery ♥ | 14.00-14.45 Archery ♥ | 14.00-14.45 Archery ♥ | 14.00-14.45 Archery ♥ | 14.00-14.45 Archery ♥ | 14.00-14.45 Archery ♥ | 14.00-14.45 Archery ♥ |
| 15.00-16.00 Yoga ♥♥ | 15.15-15.45 Yoga Relax ♥ | | | 14.30-15.30 ViniYoga ♥♥ | | 15.00-16.00 ViniYoga ♥♥ |
| 16:15-16:45 Yoga Relax ♥ | 15.30-16.00 HIIT ♥♥♥ | 15.30-16.30 Hatha Yoga ♥ | | | 15.00-15.30 Abs Blast ♥♥ | 15.15-15.45 HIIT ♥♥♥ |
| 17.15-17.45 Mindfulness meditation ♥ | | 16.45-17.15 Yoga Relax ♥ | 16.30-17.30 ViniYoga ♥♥ | 15.45-16.15 Yoga Relax ♥ | 15.00-16.00 Yoga ♥♥ | 16.15-17.10 Yoga Intermediate ♥♥ |
| 18.00-19.00 Yoga ♥♥ | | | 17.45-18.15 Yoga Relax ♥ | | 15.45-16.15 Circuits ♥♥♥ | |
| 18.15-19.00 Spin ♥♥♥ | 18.15-19.00 Bootcamp ♥♥♥ | 18.15-19.00 Legs, Bums & Tums ♥♥♥ | 18.15-19.00 Spin ♥♥♥ | 18.00-18.45 Circuits ♥♥♥ | 16.15-16.45 Yoga Relax ♥ | |
| | | 18.30-19.30 Hatha Yoga ♥ | | | | |
| 19.15-19.45 HIIT ♥♥♥ | 19.15-20.00 Spin ♥♥♥ | 19.15-20.00 Box Fit ♥♥♥ | 19.15-20.00 Pump ♥♥♥ | 19.00-19.30 Abs Blast ♥♥ | | |

SPIN EXPRESS/ SPIN ♥♥♥

A fast-paced indoor group cycling class, whether you're in for the endurance, the sprinting or both, just jump in and enjoy the ride. Bring plenty of water. Please turn up 5 minutes prior to class if you are attending for the first time.

PUMP ♥♥♥

A full body resistance-based class designed to increase muscular endurance and help build muscle mass. This class also aids fat loss.

ZUMBA ♥♥♥

Get ready to party with our exhilarating Latin inspired dance fitness fiesta! Get your heart rate up and burn those calories.

BOX FIT ♥♥♥

Join our high energy box fit class, learning a variety of boxing moves as well as having a full body workout.

BODY SCULPT ♥♥♥

A high-energy, fitness fun class. Combines a mixture of aerobic moves with resistance exercises (hand held weights) to create a total body work out.

ABS BLAST ♥♥

This class is designed to target all of the muscles that make up the core (rectus abdominis, transverse abdominis, internal obliques and erector spinae), so if you want those toned abs, then this has your name on it.

BOOTCAMP ♥♥♥

Boot camp is a type of group exercise class that mixes traditional calisthenic and body weight exercises with interval training and strength training. The typical boot camp is done outdoors, but sometimes this is held in our gym or studio facility.

HIIT ♥♥♥

Exactly what it says on the tin. HIIT stands for High Intensity Interval Training and is designed to increase the heart rate significantly. This is one of the toughest classes on the timetable and is not for the faint hearted (okay, poor pun).

ULTIMATE LBT ♥♥♥

Our legs, bums and tums class focus' on toning using body weight exercises.

STRETCH & RELAX ♥♥

Best way to end the day with gentle mobilization and stretching exercises enabling the body to relax, therefore releasing muscular tension and increasing joint flexibility.

MEDITATION ♥

This class uses some clever methods to help calm and focus your mind, overcome the stresses of daily life and discover a sense of inner peace and balance.

HATHA YOGA ♥♥

Hatha Yoga concentrates on physical health and mental well-being, making it suitable for all abilities. Combining the use of movements, breathing and mindfulness, Hatha Yoga enables everyone to safely work the body to tone, strengthen, stretch and align the body, bringing a huge variety of health benefits, promotes increased awareness, whilst also calming the mind and aiding stress relief.

YOGA FUSION ♥♥

A unique blend of the best of Hatha Yoga and Pilates. This class is suitable for anyone wanting to tone, strengthen, stretch and relax in a safe, controlled and effective way, whilst reducing stress and tension in the mind and body. This class is suitable for people with a variety of health and physical problems.

YOGA RELAX ♥

Techniques are used to help reduce stress and tension from the mind and body, taking you into a state of deep relaxation to benefit mental and physical well-being.

PILATES ♥♥

Pilates is a focused form of rehabilitation exercise that creates physical stability, strength, tone and flexibility. Especially beneficial for strengthening the core and looking after the back and joints, this form of exercise is suitable for anyone wanting to exercise in a safe controlled way. Suitable for all abilities.

YOGA ♥♥

Bring body and mind together through this ancient Indian lifestyle practice. Train your mind, body and breathing to find peace, contentment and greater connection with your inner self.

Please note booking is essential for all classes.

Classes are subject to change.

**Please wear suitable clothing and footwear.
seven days in advance.**

♥ LOW INTENSITY
♥♥ MEDIUM INTENSITY
♥♥♥ HIGH INTENSITY