

HOAR CROSS HALL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:30 - 9:00 Tabata ■		8:30 - 9:00 Tabata ■	8:30 - 9:00 Tabata ■		
9:15 - 10:00 Lift ■	9:15 - 10:00 Ride ■	9:15 - 10:00 Hybrid ■	9:15 - 10:00 Ride ■	9:15 - 10:00 Hybrid ■	9:15 - 10:00 Ride ■	9:15 - 10:00 Tabata ■
10:15 - 11:00 Dance Fit ■	10:15 - 11:00 L.B.T ■	10:15 - 11:00 Dance Fit ■	10:15 - 11:00 Dance Fit ■	10:15 - 11:00 Dance Fit ■	10:15 - 11:00 Lift ■	10:15 - 11:00 Dance Fit ■
	10:15 - 11:15 Pilates ■	10:15 - 11:15 Pilates ■		10:15 - 11:15 Pilates ■	10:15 - 11:15 Pilates ■	
11:15 - 12:15 Cardio Tennis				11:15 - 12:00 Archery*	11:15 - 12:00 Archery*	11:15 - 12:00 Archery*
11:30 - 12:30 Reformer Pilates* ■	11:30 - 12:30 Reformer Pilates* ■		11:30 - 12:30 Reformer Pilates* ■	11:30 - 12:30 Reformer Pilates* ■	11:30 - 12:30 Reformer Pilates* ■	11:30 - 12:30 Reformer Pilates* ■
11:30 - 12:30 Yoga ■	11:30 - 12:30 Yoga ■	11:30 - 12:30 Yoga ■	11:30 - 12:30 Yoga ■	11:30 - 12:30 Yoga ■	11:30 - 12:30 Yoga ■	11:30 - 12:30 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 - 15:45 Axe Throwing*	15:00 - 15:45 Axe Throwing*	15:00 - 15:45 Axe Throwing*	15:00 - 15:45 Axe Throwing*	15:00 - 15:45 Axe Throwing*	15:00 - 15:45 Axe Throwing*	15:00 - 15:45 Axe Throwing*
15:30 - 16:30 Yoga ■	15:30 - 16:30 Yoga ■	15:30 - 16:30 Pilates ■	15:30 - 16:30 Yoga ■	15:30 - 16:30 Yoga ■		15:00 - 16:00 Yoga ■
18:30 - 19:15 Ride ■			16:30 - 17:00 Yoga Relax ■	16:30 - 17:30 Reformer Pilates* ■		16:00 - 17:00 Reformer Pilates* ■
18:30 - 19:30 Yoga ■	18:30 - 19:15 Class of the Week ■	18:30 - 19:30 Yoga ■	18:30 - 19:30 Reformer Pilates* ■			

■ MAIN STUDIO 1

■ HOLISTIC STUDIO 2

■ GYM STUDIO 3

* £20 per person

Find out more about our classes

RIDE

A group indoor cycling class that uses signature Technogym spinning bikes and is designed to combine high intensity cardio with endurance to rhythmic beats. This 45-minute journey will push your stamina to the limit as you lose yourself in the music during your ride.

LIFT

Designed by the team of Hoar Cross Hall experts, LIFT uses a variety of equipment to support you in building strength through resistance movement. Under the guidance of our HCH trainers, you will be supported on your form and technique, as you Squat, Press and Lunge to a stronger version of yourself.

HYBRID

Sculpt your body across a range of strength-based movements, as HYBRID uses high intensity conditioning exercises within a series of timed intervals. This class focuses on movement, strength and cardiovascular training in one exciting group class.

TABATA

A 30-minute blast using only your own body weight, TABATA training will energise you in an action-packed workout designed to optimise fat burning through classic interval training. A maximum of 6 people per class to ensure total concentration.

YOGA

Energise and revitalise yourself so your mind and body are working as one. Led by our Yoga experts, calm meets strength and flexibility as you take the pace out of life.

FITNESS PILATES

Push yourself to new levels as you use body weight to teach your brain and body how to work together. This floor-based workout provides a platform to develop postural alignment, strength and endurance.