

# HOAR CROSS HALL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 - 9:00 Tabata ■	8:30 - 9:00 TPT ■	8:30 - 9:00 Tabata ■	8:30 - 9:00 TPT ■	8:30 - 9:00 Tabata ■	8:30 - 9:00 Tabata ■	8:30 - 9:00 Ride ■
9:15 - 10:00 Ride ■	9:15 - 10:00 Ride ■	9:15 - 10:00 Ride ■	9:15 - 10:00 Ride ■	9:15 - 10:00 Ride ■	9:15 - 10:00 Ride ■	9:15 - 10:00 Tabata ■
10:15 - 11:00 Hybrid ■	10:15 - 11:00 Lift ■	10:15 - 11:00 Hybrid ■	10:15 - 11:00 Lift ■	10:15 - 11:00 Zumba ■	10:15 - 11:00 Fitness Pilates ■	10:15 - 11:00 Fitness Pilates ■
11:15 - 12:15 Cardio Tennis				11:15 - 12:00 Archery	11:15 - 12:00 Archery	10:15 - 11:00 Zumba ■
11:30 - 12:15 Fitness 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 ■	11:15 - 12:00 Archery
13:00 - 14:00 Reformer * ■	13:00 - 14:00 Reformer * ■	13:00 - 14:00 Reformer * ■	13:00 - 14:00 Reformer * ■	13:00 - 14:00 Reformer * ■	13:00 - 14:00 Reformer * ■	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	13:00 - 14:00 Reformer * ■
15:30 - 16:15 Fitness Pilates ■	15:30 - 16:30 Yoga ■	15:30 - 16:15 Yoga ■	15:30 - 16:30 Yoga ■	15:30 - 16:30 Yoga ■	15:30 - 16:15 Fitness Pilates ■	14:00 - 14:45 Archery
	18:00 - 19:00 Reformer * ■		18:00 - 19:00 Reformer * ■	16:30 - 17:00 Yoga Relax ■		15:00 - 16:00 Yoga ■
18:15 - 19:00 Ride ■		18:15 - 19:00 Lift ■		18:15 - 19:00 Hybrid ■	18:15 - 19:00 Lift ■	16:00 - 17:00 Yoga Intermediate ■
18:30 - 19:30 Yoga ■		18:30 - 19:30 Yoga ■				
19:15 - 20:00 Lift ■	19:15 - 20:00 Hybrid ■	19:15 - 20:00 Ride ■	19:15 - 20:00 Hybrid ■	19:15 - 20:00 Fitness Pilates ■		

■ MAIN STUDIO 1

■ HOLISTIC STUDIO 2

■ GYM STUDIO 3

\* Please note, there is an additional charge for this class.

# *Find out more* about our classes

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## **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.

## **TPT**

A 30-minute class designed to release tension, improve circulation, and help promote muscle movement. This workout uses a trigger point roller and massage ball, to reduce risk of pain developing in your body.

## **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.

## **REFORMER PILATES**

The reformer was invented by Pilates founder Joseph Pilates, and is far from just a workout for your core. This Workout helps to create internal pressure on the spine, joints and muscle to improve flexibility, strength and create a more balanced posture.

