



# HOAR CROSS HALL

STAFFORDSHIRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.30-8.00	7.30-8.00	7.30-8.00	7.30-8.00	7.30-8.00	8.30-9.00	8.30-9.00
Body Xtreme ♥♥♥	Cardio Fit ♥♥♥	Interval Spin ♥♥♥	Cardio Fit ♥♥♥	Body Xtreme ♥♥♥	Interval Spin ♥♥♥	Core Conditioning ♥♥
9.15-10.00	9.15-10.00	9.15-10.00	9.15-10.00	9.15-10.00	9.15-10.00	9.15-10.00
Box HIIT ♥♥♥	Spin ♥♥♥	Pump ♥♥♥	Spin ♥♥♥	Pump ♥♥♥	Spin ♥♥♥	HIIT Circuits ♥♥♥
10.15-11.00	10.15-11.00	10.15-11.00	10.15-11.00	10.15-11.00	10.00-11.00	10.15-11.00
Zumba ♥♥♥	Sculpt ♥♥♥	Zumba ♥♥♥	LBT ♥♥	Zumba ♥♥♥	Pilates ♥♥	Zumba ♥♥♥
11.15-12.15	11.15-11.45	11.15-12.00	11.15-12.15	10.30-11.30	10.15-11.00	11.15-12.00
Fitness Pilates ♥♥	Core Conditioning ♥♥	Ballet Fit ♥♥	Fitness Pilates ♥♥♥	Pilates ♥	Pump ♥♥♥	Pilates ♥♥
11.15-12.15	11.30-12.15		11.15-12.15	11.15-12.00	11.15-12.00	11.15-12.00
Cardio Tennis ♥♥♥	Yoga Fusion ♥		Yoga ♥♥	Archery ♥	Archery ♥	Archery ♥
	12.30-13.15		12.30-13.00	11.45-12.30	11.15-12.15	12.15-12.45
	Pilates ♥		Yoga Relax ♥	Yoga Stretch and Release ♥	Pilates Flow ♥♥	Stretch and Mindfulness ♥♥
14.00-14.45	14.00-14.45	14.00-14.45	14.00-14.45	14.00-14.45	14.00-14.45	14.00-14.45
Archery ♥	Archery ♥	Archery ♥	Archery ♥	Archery ♥	Archery ♥	Archery ♥
15.00-16.00	14.00-15.00					
Flow Yoga ♥♥	Yoga Fusion ♥					
16.15-16.45	15.15-15.45	15.30-16.30	15.00-15.30	14.30-15.30		15.00-16.00
Yoga Relax ♥	Yoga Relax ♥	Yoga Fusion ♥	Stretch and Mindfulness ♥♥	ViniYoga ♥♥		ViniYoga ♥♥
17.15-17.45		16.45-17.15	16.30-17.30	15.45-16.15	15.00-15.30	15.15-15.45
Mindfulness Meditation ♥		Yoga Relax ♥	ViniYoga ♥♥	Yoga Relax ♥	Stretch and Mindfulness ♥♥	
			17.45-18.15			16.15-17.15
			Yoga Relax ♥			Intermediate Yoga ♥♥♥
17.30-18.00	17.30-18.00	17.30-18.00	17.30-18.00	17.30-18.00		
Interval Spin ♥♥♥	Cardio Fit ♥♥♥	Box HIIT ♥♥♥	Interval spin ♥♥♥	Core Conditioning ♥♥		
18.00-19.00	18.15-19.00	18.15-19.00	18.15-19.00	18.15-19.00	17.30-18.00	17.30-18.15
Flow Yoga ♥♥	Bootcamp ♥♥♥	Hoar Cross Fit ♥♥♥	In the Zone ♥♥♥	Bootcamp ♥♥♥	Interval Spin ♥♥♥	Bootcamp ♥♥♥
18.15-19.00		18.30-19.30			18.30-19.00	18.30-19.00
Hoar Cross Fit ♥♥♥		Yoga Fusion ♥			Stretch and Mindfulness ♥♥	Stretch and Mindfulness ♥♥
19.15-20.00	19.15-20.00	19.15-20.00	19.15-20.00	19.15-20.00		
In The Zone ♥♥♥	Fitness Pilates ♥♥	Spin ♥♥♥	Zumba ♥♥♥	Pump ♥♥♥		

♥ - Low Intensity  
 ♥♥ - Medium Intensity  
 ♥♥♥ - High Intensity

### **BodyXtreme**

This class is a high intensity whole body workout using weight. Trying to maintain a high heart rate through the class we use a mixture of high repetition exercises along with body weight exercises

### **Zumba**

Get ready to dance with our Latin American aerobic style dance fitness fiesta! Get your heart rate up and burn calories with our salsa, merengue and samba-based dances

### **Core conditioning**

This is an abdominal focused class targeting predominantly the rectus abdominis, transverse abdominis, internal obliques and erector spinae muscles to help you achieve toned abdominals.

### **Spin/ spin interval**

A fast-paced indoor group cycling class, whether you are in for the endurance the sprint or both bring lots of water! Please turn up 5 minutes prior to class if you are attending for the first time.

### **Box HIIT**

Join our high intensity boxing class. In this class we use a variety of body weight exercises along with pad work, aiming on increasing heart rate and improving of boxing technique

### **Sculpt**

A high energy aerobic based class. Moving your body to the rhythm of the music, this fitness fun class is a full body cardiovascular work out

### **Hoar Cross fit**

This class is a high impact functional training class using lots of weights and repetition

### **Bootcamp**

Come and join our intense outdoor workout using a variety of different, cardiovascular, weight and body weight exercises

### **Pump**

This class is an amazing full body work out. Setting a barbell or dumbbells to a weight that suits you, we exercise focusing on high repetition to music

### **Cardio fit**

High intensity interval training focusing on cardiovascular exercises only for more intense calorie burn

### **Archery**

Learn the technique behind a bow and arrow and adventure outdoors

### **In the Zone**

Bring your Myzone belt along and see if you can stay in the zone. Focusing on cardiovascular exercises, we will work as a class to try and zone match

### **LBT**

Legs, Bums and Tums is a toning class focusing on the three main muscle groups. This is a great class to improve your strength throughout your body

### **Yoga Stretch and Release**

A variety of stretching techniques including dynamic and static stretches for the whole body, to release muscle tension and improve mobility, followed by relaxation for the mind and body

### **Ballet fit**

Come and learn ballet exercises to help improve your strength, posture and core balance as well as brushing up on your ballet technique whether you are a beginner or advanced

### **Yoga Fusion**

A unique blend 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

### **Flow yoga**

This class focuses on moving in synchronization one breath at a time. This creates a mediated state of mind while the body moves gently and mindfully in and out of posture

### **Pilates / Fitness Pilates**

Pilates is a low impact class that works on strengthening, toning and flexibility through the body as well as working on your wellbeing

### **Hatha Yoga**

Hatha yoga is about balancing the body and mind. This class is typically practiced slowly with more static postures

### **Mindfulness Meditation**

Release the mind in our relaxing meditation class. Focus on your senses and feelings in the moment with guided imagery and relaxation methods

### **Stretch and mindfulness**

Fully focusing on your breathing as you stretch out through the muscles focusing only on yourself and the relaxation music