



# 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<br>♥♥♥          | Cardio Fit<br>♥♥♥       | Interval Spin<br>♥♥♥  | Cardio Fit<br>♥♥♥             | Body Xtreme<br>♥♥♥            | Interval Spin<br>♥♥♥          | Core Conditioning<br>♥♥       |
| 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<br>♥♥♥             | Spin<br>♥♥♥             | Pump<br>♥♥♥           | Spin<br>♥♥♥                   | Pump<br>♥♥♥                   | Spin<br>♥♥♥                   | HIIT Circuits<br>♥♥♥          |
| 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<br>♥♥♥                | Sculpt<br>♥♥♥           | Zumba<br>♥♥♥          | LBT<br>♥♥                     | Zumba<br>♥♥♥                  | Pilates<br>♥♥                 | Zumba<br>♥♥♥                  |
| 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<br>♥♥       | Core Conditioning<br>♥♥ | Ballet Fit<br>♥♥      | Fitness Pilates<br>♥♥♥        | Pilates<br>♥                  | Pump<br>♥♥♥                   | Pilates<br>♥♥                 |
| 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<br>♥♥♥        | Yoga Fusion<br>♥        |                       | Yoga<br>♥♥                    | Archery<br>♥                  | Archery<br>♥                  | Archery<br>♥                  |
|                             | 12.30-13.15             |                       | 12.30-13.00                   | 11.45-12.30                   | 11.15-12.15                   | 12.15-12.45                   |
|                             | Pilates<br>♥            |                       | Yoga Relax<br>♥               | Yoga Stretch and Release<br>♥ | Pilates Flow<br>♥♥            | Stretch and Mindfulness<br>♥♥ |
| 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<br>♥                | Archery<br>♥            | Archery<br>♥          | Archery<br>♥                  | Archery<br>♥                  | Archery<br>♥                  | Archery<br>♥                  |
| 15.00-16.00                 | 14.00-15.00             |                       |                               |                               |                               |                               |
| Flow Yoga<br>♥♥             | Yoga Fusion<br>♥        |                       |                               |                               |                               |                               |
| 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<br>♥             | Yoga Relax<br>♥         | Yoga Fusion<br>♥      | Stretch and Mindfulness<br>♥♥ | ViniYoga<br>♥♥                |                               | ViniYoga<br>♥♥                |
| 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<br>♥ |                         | Yoga Relax<br>♥       | ViniYoga<br>♥♥                | Yoga Relax<br>♥               | Stretch and Mindfulness<br>♥♥ |                               |
|                             |                         |                       | 17.45-18.15                   |                               |                               | 16.15-17.15                   |
|                             |                         |                       | Yoga Relax<br>♥               |                               |                               | Intermediate Yoga<br>♥♥♥      |
| 17.30-18.00                 | 17.30-18.00             | 17.30-18.00           | 17.30-18.00                   | 17.30-18.00                   |                               |                               |
| Interval Spin<br>♥♥♥        | Cardio Fit<br>♥♥♥       | Box HIIT<br>♥♥♥       | Interval spin<br>♥♥♥          | Core Conditioning<br>♥♥       |                               |                               |
| 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<br>♥♥             | Bootcamp<br>♥♥♥         | Hoar Cross Fit<br>♥♥♥ | In the Zone<br>♥♥♥            | Bootcamp<br>♥♥♥               | Interval Spin<br>♥♥♥          | Bootcamp<br>♥♥♥               |
| 18.15-19.00                 |                         | 18.30-19.30           |                               |                               | 18.30-19.00                   | 18.30-19.00                   |
| Hoar Cross Fit<br>♥♥♥       |                         | Yoga Fusion<br>♥      |                               |                               | Stretch and Mindfulness<br>♥♥ | Stretch and Mindfulness<br>♥♥ |
| 19.15-20.00                 | 19.15-20.00             | 19.15-20.00           | 19.15-20.00                   | 19.15-20.00                   |                               |                               |
| In The Zone<br>♥♥♥          | Fitness Pilates<br>♥♥   | Spin<br>♥♥♥           | Zumba<br>♥♥♥                  | Pump<br>♥♥♥                   |                               |                               |

♥ - 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