



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
HIIT ♥♥♥	HIIT ♥♥♥	HIIT ♥♥♥	HIIT ♥♥♥	HIIT ♥♥♥	HIIT ♥♥♥	HIIT ♥♥♥
9.15-9.45	9.15-9.45	9.15-9.45	9.15-9.45	9.00- 10.00	9.15-9.45	9.15-9.45
Core Conditioning ♥♥	Sculpt ♥♥♥	Core Conditioning ♥♥	Sculpt ♥♥♥	Flow Yoga ♥♥♥	Core Conditioning ♥♥	Sculpt ♥♥♥
10.15-11.00	11.15-12.15	10.15-11.00	10.15-11.00	10.15-11	10.15-11.00	10.15-11.00
LBT ♥♥	Yoga Fusion ♥	Zumba ♥♥♥	LBT ♥♥	Zumba ♥♥♥	LBT ♥♥	LBT ♥♥
17.30-18.00	17.30-18.00	17.30-18.00	17.30-18.00	17.30-18.00	15.00-15.30	15.00-16.00
Core Conditioning ♥♥	LBT ♥♥	Core Conditioning ♥♥	LBT ♥♥	Core Conditioning ♥♥	Stretch & Mindfulness ♥♥	ViniYoga ♥♥
18.15-18.45	18.15-18.45	18.15-18.45	18.15-18.45	18.15-18.45	17.30-18.00	17.30-18.00
Cardio Fit ♥♥♥	Cardio Fit ♥♥♥	Cardio Fit ♥♥♥	Cardio Fit ♥♥♥	Cardio Fit ♥♥♥	Cardio Fit ♥♥♥	Cardio Fit ♥♥♥

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

HIIT – High Intensity Interval Training is an intense class focused on keeping your heart rate high to maximize the calories you burn

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

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

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

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 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

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

ViniYoga – Learn how to connect with yourself on a deeper level. This class is a form of yoga which helps you adapt from the traditional yoga practice to fit your own personal, limits needs and goals

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