



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 ♥♥♥	Spin Express ♥♥♥	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 Fit ♥♥♥	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 ♥♥♥	Sculpt ♥♥♥	LBT ♥♥♥	Zumba ♥♥♥	Pump ♥♥♥	Zumba ♥♥♥
11.15-12.00	11.15-12.00	11.15-11:45	11.15-12.00	10.30-11.30	10.15-11.00	11.15-12.00
Fitness Pilates ♥♥	Ballet Fit ♥♥	Core Conditioning ♥♥	Fitness Pilates ♥♥	Pilates ♥♥	Pilates ♥♥	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 ♥
	12.15-13.00		12.15-12.45	11.30-12.15	11.00-12.00	12.00-12.30
	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 ♥♥					
16.00-16.30	15.00-15.30	15.30-16.30	15.00-15.30	14.30-15.30		15.00-16.00
Yoga Relax ♥	Yoga Relax ♥	Yoga ♥♥	Stretch and Mindfulness ♥♥	ViniYoga ♥		ViniYoga ♥♥
17.15-17.45		16.30-17.00	16.30-17.30	15.30-16.00	15.00-16.00	
Mindfulness Meditation ♥		Yoga Relax ♥	ViniYoga ♥♥	Yoga Relax ♥	Yoga ♥♥	
17.45-18.45			17.30-18.00		16:00-16:30	16.00-17.00
Flow Yoga ♥♥			Yoga Relax ♥		Yoga Relax ♥	Intermediate Yoga ♥♥
17.50-18.10	17.50-18.10	17.50-18.10	17.50-18.10	17.50-18.10	17.50-18.10	17.50-18.10
Core Conditioning ♥♥	HIIT ♥♥♥	Core Conditioning ♥♥	HIIT ♥♥♥	Core Conditioning ♥♥	HIIT ♥♥♥	Core Conditioning ♥♥
18.15-19.00	18.15-19.00	18.15-19.00	18.15-19.00	18.15-19.00		
Spin ♥♥♥	Bootcamp ♥♥♥	Box Fit ♥♥♥	Spin ♥♥♥	Bootcamp ♥♥♥		
		18.30-19.30			18.30-19.00	18.30-19.00
		Yoga ♥♥			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		
Pump ♥♥♥	Fitness Pilates ♥♥	Spin ♥♥♥	Sculpt ♥♥♥	Box Fit ♥♥♥		

PUMP ♥♥♥

A full body resistance-based class designed to increase muscular endurance and help build muscle mass. This class also aids fat loss.

ZUMBA ♥♥♥

Get ready to party with our exhilarating Latin inspired dance fitness fiesta! Get your heart rate up and burn those calories.

BOX FIT ♥♥♥

Join our high energy box fit class, learning a variety of boxing moves as well as having a full body workout.

BODY SCULPT ♥♥♥

A high-energy, fitness fun class. Combines a mixture of aerobic moves with resistance exercises (hand held weights) to create a total body work out.

ABS BLAST ♥♥

This class is designed to target all of the muscles that make up the core (rectus abdominis, transverse abdominis, internal obliques and erector spinae), so if you want those toned abs, then this has your name on it.

BOOTCAMP ♥♥♥

Boot camp is a type of group exercise class that mixes traditional calisthenic and body weight exercises with interval training and strength training. The typical boot camp is done outdoors, but sometimes this is held in our gym or studio facility.

HIIT ♥♥♥

Exactly what it says on the tin. HIIT stands for High Intensity Interval Training and is designed to increase the heart-rate significantly. This is one of the toughest classes on the timetable and is not for the faint hearted (okay, poor pun).

LBT ♥♥♥

Our legs, bums and tums class focus' on toning using body weight exercises.

STRETCH & MINDFULNESS ♥♥

Best way to end the day with gentle mobilization and stretching exercises enabling the body to relax, therefore releasing muscular tension and increasing joint flexibility.

MEDITATION ♥

This class uses some clever methods to help calm and focus your mind, overcome the stresses of daily life and discover a sense of inner peace and balance.

YOGA FUSION ♥♥

A unique blend of the best 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.

YOGA RELAX ♥

Techniques are used to help reduce stress and tension from the mind and body, taking you into a state of deep relaxation to benefit mental and physical well-being.

PILATES ♥♥

Pilates is a focused form of rehabilitation exercise that creates physical stability, strength, tone and flexibility. Especially beneficial for strengthening the core and looking after the back and joints, this form of exercise is suitable for

anyone wanting to exercise in a safe controlled way. Suitable for all abilities.

YOGA ♥♥

Bring body and mind together through this ancient Indian lifestyle practice. Train your mind, body and breathing to find peace, contentment and greater connection with your inner self.

CARDIO TENNIS ♥♥♥

Focus on cardiovascular exercises with cardio tennis whilst incorporating exercises that focus on balance, coordination, and agility. Cardio Tennis does take place outdoors

ARCHERY ♥♥

Fancy yourself as the next Robin Hood? Learn the techniques behind a bow and arrow and adventure outdoors

FLOW YOGA ♥♥

Within flow yoga we focus on movements from one position to another dynamically moving in time with our breathing

SPIN & SPIN EXPRESS ♥♥♥

Spin is a high intensity cycle class. Within this class you pedal whilst listening g to the music. Focus on your cardioversions exercise with sprints as well as your toning, with hill climbs

BALLET FIT ♥♥

A ballet work out is a whole-body workout incorporating toning exercises along with exercises that focus on posture and balance. Ballet fit can also help with coordination development

PILATES FLOW ♥♥

Combining strength and cardio training with mind-body balance to create a fun and dynamic workout. The fast pace Pilates flow gets the heart pumping by linking traditional Pilates moves to tone and strengthen all muscle groups while focusing on flexibility, breathing and alignment.

INTERMEDIATE YOGA ♥♥♥

Yoga intermediate is for those who have a good understanding of yoga and are looking to explore a wider variety postures and breathing formations