

studio class timetable

“Motivation is what gets you started. Habit is what keeps you going!”

Monday






Time	Class	Studio	Duration
9.30am 10.30am	Body Combat	1	60mins
10.30am 11.30am	Body Pump	1	60mins
10.30am 11.15am	Aqua-cise	Pool	45mins
11:45am 12:30pm	Core & Flexibility	1	45mins
6.00pm 7.00pm	Zumba	1	60mins
6.30pm 7.30pm	X-Bike Xtreme 60	Gym	60mins
7.00pm 8.30pm	Yoga & Conditioning	1	90mins
8.30pm 9.00pm	Tabata	1	30mins

Tuesday

Time	Class	Studio	Duration
6:15am 7:00am	On the Dot Bootcamp Fitness new	Out	45mins
7:00am 7:45am	Xbike Early Riser & Abs	Gym	45mins
9.30am 10.30am	Body Attack	1	60mins
10.30am 11:30am	Legs, Bums & Tums	1	60mins
11.30am 12.30pm	Nia Dance	1	60mins
1:00pm 2:30pm	Yogalates	1	90mins
6.00pm 7.00pm	Body Attack	1	60mins
6.30pm 7.15pm	X-Bike All Terrain	Gym	45mins
7.00pm 8.00pm	Body Pump	1	60mins
8.00pm 9.00pm	Body Balance	1	60mins

Wednesday

Time	Class	Studio	Duration
7:00am 7:45am	Pump X-press	1	45mins
9.30am 10.15am	X-Bike	Gym	45mins
10.30am 11.30am	Body Pump	1	60mins
11.30am 12.15pm	Over 50's Tone & Revive	1	45mins
6.00pm 7.00pm	Body Combat	1	60mins
6.30pm 7.15pm	X-Bike Fast 'n' Fun	Gym	45mins
7.00pm 8.00pm	Xtreme Body Assault	Various	60mins
8.00pm 9.00pm	Zumba	1	60mins

 High Intensity	 Heart & Lungs	 Toning & Strength
 Mobility & Flexibility	 Specialist & Holistic	

Thursday

Time	Class	Studio	Duration
7:00am 7:45am	Xbike Early Riser & Abs	Gym	45mins
9.30am 10.30am	Nia Dance	1	60mins
10.30am 11.30am	Zumba	1	60mins
11.30am 12:15pm	Fitball	1	45mins
4.00pm 4.45pm	Aqua-cise	Pool	45mins
5:30pm 6:00pm	Tabata	1	30mins
6.00pm 7.00pm	Pilates	1	60mins
6.00pm 6.30pm	X-Bike Easy Rider	Gym	30mins
6:30pm 7:30pm	X-Bike Xtreme 60	Gym	60mins
7.00pm 8.00pm	Body Combat	1	60mins
8.00pm 9.00pm	Body Pump	1	60mins

Friday

Time	Class	Studio	Duration
6:15am 7:00am	On the Dot Bootcamp Fitness new	Out	45mins
9.30am 10.15am	X-Bike	Gym	45mins
9:15am 10:00am	Over 50's Tone & Revive	1	45mins
10:00am 11:30am	Yoga & Conditioning	1	90mins
6.00pm 7.00pm	Body Pump	1	60mins
7.00pm 7.45pm	Friday Night X-Bike Disco	Gym	45mins

Saturday

Time	Class	Studio	Duration
9.30am 10.30am	Body Combat	1	60mins
10.30am 11.30am	Body Pump	1	60mins
11.30am 12.00pm	Abs Blast	1	30mins
12.00pm 12.30pm	Junior X-Bike 9-15yrs	Gym	30mins
12.30pm 1.00pm	Junior Gym 9-15yrs	Various	30mins

Sunday

Time	Class	Studio	Duration
9.00am 9.45am	Aqua-cise	Pool	45mins
9:30am 10:30am	Body Attack	1	60mins
10.30am 11.30am	Zumba	1	60mins
11.30am 12.15pm	Core & Flexibility	1	45mins
5.00pm 5.45pm	X-Bike Weekend Recovery	Gym	45mins

Please note: We operate a class booking system.

If you would like to reserve your place in a class, please call 01691 684 400

For all classes, appropriate clothing and footwear must be worn.

class descriptions

body pump

This is the fastest way to shape up and lose body fat! A toning and conditioning class with weights set to music. Guaranteed to keep you moving and motivated through the whole class!

body combat

This is a 60 minute workout which combines moves and stances from a range of self-defence disciplines like karate, boxing and taekwondo. Suitable for men and women, this workout will raise your fitness levels throughout the whole body.

body balance

This is a holistic fitness programme designed to tone, relax and renew. A combination of Yoga, Tai Chi and Pilates pre-choreographed and set to the most relaxing and calming music.

yoga and conditioning

A series of mental and physical exercises focusing on control of breathing, improving your flexibility, posture and body's core strength.

pilates

A series of mental and physical exercises focusing on core stability, strength, flexibility and posture.

stomp fx

If you prefer basic step routines with an emphasis on intensity, or moves devoted to flair and flavour, get the results you came for with Stomp FX

legs, bums and tums

A great workout for strengthening and toning the female stubborn areas. Finish the session with 15 minutes of kicking those abdominals into shape!

xbike

A highly effective, motivating, cardiovascular workout performed on the industry's highest spec indoor cycles. No co-ordination needed, but don't forget your sweat towel.

xtreme body assault

An hour of extreme all over body fitness taking concepts from both X-Fit and Military Training.
PAIN NEVER FELT SO GOOD!!!

core & flexibility

This is a mat based workout with exercises designed to improve core stability and posture.
Ideal for clients with back problems.

step & abs

This is a 45mins exercise to music programme using a Reebok Step to tone the lower body whilst burning calories and improving fitness levels. With the added bonus of 15mins of Abdominal exercises to finish.

over 50's tone & revive

An all body workout for the more mature member focusing on mobility, flexibility and toning.

ladies kick-boxercise

A ladies specific class incorporating kick boxing techniques, circuit training and aerobics. Suitable for all levels of fitness.

simply salsa

Whether you're a complete beginner or a more experienced Salsa dancer these classes are for you. Enjoy the Cuban rhythms and get fit!

abs blast

30 minutes of pure abdominal and core exercises!

zumba® fitness

The Spanish slang for "to move fast and have fun" is inspired by the traditional cumbia, salsa, samba and merengue music. With pulsating Latin rhythms and red-hot international dance steps, it's the best way to party your way into shape.

yogalates

No, this is not coffee, this is a unique blend of yoga and pilates. A class designed to focus on mental and physical wellbeing.

nia dance

A dynamic blend of dance arts, martial arts and healing arts, balancing technical precision with free-form expression, Nia brings the body, mind, emotions and spirit to optimum health through music and movement, delivering cardiovascular, whole-body conditioning. Most of all, Nia is exhilarating and fun!

tabata

HIIT - High intensity interval training, short intense bursts of exercise followed by short periods of recovery - not for the faint hearted

■ High Intensity ■ Heart & Lungs ■ Toning & Strength
■ Mobility & Flexibility ■ Specialist & Holistic