

# STUDIO CLASS TIMETABLE: AUTUMN - WINTER 19/20

## MONDAY

Time	Class	Studio	Duration
● 09:30	Indoor Cycling	Spin Studio	45 mins
● 09:30	Box 'n' Tone	Main Studio	45 mins
● 10:35	Les Mills BodyPump Xpress	Main Studio	45 mins
● 11:40	Pilates	Main Studio	60 mins
● 12:45	Aqua Zumba	Pool	45 mins
● 17:30	Met Con	Main Studio	30 mins
● 18:00	Indoor Cycling	Spin Studio	45 mins
● 18:00	Zumba	Main Studio	60 mins
● 19:00	Yoga & Conditioning	Main Studio	90 mins
● 19:00	Indoor Cycling Extreme	Main Studio	30 mins

## TUESDAY

Time	Class	Studio	Duration
● 09:00	HIIT	Main Studio	30 mins
● 09:30	Indoor Cycling	Spin Studio	45 mins
● 09:30	Sculpt & Tone	Main Studio	60 mins
● 10:35	Yogalates	Main Studio	60 mins
● 11:40	Nia	Main Studio	60 mins
● 18:00	Les Mills BodyCombat	Main Studio	60 mins
● 19:05	Les Mills BodyPump	Main Studio	60 mins
● 19:15	Aquacise	Pool	45 mins
● 20:10	Flex and Strength Yoga	Main Studio	60 mins

## WEDNESDAY

Time	Class	Studio	Duration
● 07:00	Grit	Main Studio	30 mins
● 09:30	Indoor Cycling	Spin Studio	45 mins
● 09:30	Zumba Step	Main Studio	60 mins
● 10:35	Les Mills BodyPump Xpress	Main Studio	45 mins
● 11:00	Aqua Zumba	Pool	45 mins
● 11:40	Piloxing	Main Studio	45 mins
● 18:00	Indoor Cycling	Spin Studio	45 mins
● 18:25	HIITalates	Main Studio	30 mins
● 19:05	XBA	Main Studio	60 mins
● 20:10	Clubbercise	Main Studio	60 mins

## THURSDAY

Time	Class	Studio	Duration
● 07:00	Indoor Cycling	Spin Studio	30 mins
● 09:00	Tabata	Main Studio	20 mins
● 09:30	Nia	Main Studio	60 mins
● 10:35	Zumba Gold	Main Studio	60 mins
● 11:40	Pilates	Main Studio	60 mins
● 12:45	Tai Chi	Main Studio	60 mins
● 17:30	Introduction to Pilates* Please see reverse	Main Studio	30 mins
● 18:00	Pilates	Main Studio	60 mins
● 19:00	Indoor Cycling	Spin Studio	45 mins
● 19:05	Les Mills BodyCombat	Main Studio	60 mins
● 19:30	Aqua Zumba	Pool	45 mins

## FRIDAY

Time	Class	Studio	Duration
● 08:55	Met Con	Main Studio	30 mins
● 09:30	Indoor Cycling	Spin Studio	30 mins
● 10:00	Yoga & Conditioning	Main Studio	90 mins
● 17:30	Les Mills BodyPump Xpress	Main Studio	45 mins
● 18:00	Indoor Cycling	Main Studio	45 mins
● 18:15	Les Mills BodyAttack Xpress	Main Studio	45 mins
● 19:05	XBA 2.0	Main Studio	60 mins

## SATURDAY

Time	Class	Studio	Duration
● 09:00	Abs Blast	Main Studio	20 mins
● 09:30	Les Mills BodyCombat	Main Studio	60 mins

## SUNDAY

Time	Class	Studio	Duration
● 09:30	Indoor Cycling	Spin Studio	45 mins
● 09:30	Les Mills BodyCombatAnthems	Main Studio	60 mins
● 10:45	Yogalates	Main Studio	60 mins
● 17:00	Grit/Met Con*		30 mins

Class delivered will be dependent on instructor

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

Please ensure you book for your class, not only does it guarantee your place and ensure us from having an over-subscribed class or an instructor having to refuse entry for Health & Safety reasons; it also allows us to keep an eye on numbers, so you don't lose your favourite classes next change.



To reserve your space in a class please call

**01691 684 400**

[lionquays.co.uk](http://lionquays.co.uk)



# CLASS DESCRIPTIONS

- **Les Mills BodyAttack** – BodyAttack™ is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.
- **Les Mills BodyCombat** – Moves and stances from self defence disciplines like karate, boxing and Taekwondo, this workout will raise fitness levels throughout the whole body.
- **Les Mills BodyCombatAnthems** – All your favourite body combat tracks in one 60 minute fun filled class.
- **Indoor Cycling** – 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.
- **Indoor Cycling Extreme** – A more intense indoor cycling class. Higher levels, faster RPM, more sweat.
- **Clubercise** – Classes are taught in a darkened room with disco lights and our trademark LED glow sticks, set to a soundtrack of old and new club hits. A fusion of dance, toning and combat moves with high/low impact options for all fitness levels, one class burns around 600 calories.
- **Box 'n' Tone** – This fun, energetic class is based on boxing training. It differs from boxing in that boxing is a competitive sport, whereas Box 'n' Tone includes aspects of boxing training but not sparring or competitive bouts.
- **Aquacise** – Low impact all over body toning exercises performed against the resistance of the water, a safe and fun workout in the pool.
- **Aqua Zumba** – A perfect, low impact blend of two favourites. Zumba; the Latin Dance Sensation, and Aquacise; the resistance of water-based training exercises. Time to get in the pool and party!
- **Flex and Strength Yoga** – Combining both power yoga and Hatha Yoga. Through quick paced flowing rhythm whilst linking breath to movement, this style strengthens the body and increases muscle tone. The Hatha style completes it through increasing flexibility, posture and balance whilst also achieving a relaxed mental state.
- **Nia Dance** – A dynamic blend of dance, martial and healing arts, balancing technical precision with free-form Xpression. 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!
- **Tai Chi** – Tai Chi, also called Tai Chi Chuan, combines deep breathing and relaxation with flowing movements. Originally developed as a martial art in 13<sup>th</sup> century China, Tai Chi is today practised around the world as a health-promoting exercise.
- **Yoga & Relaxation** – A smoother, more gentle approach but still with a mental and physical demand on the body. This is for those that really want to find inner calm, and to develop more suppleness and mobility. Stretch, flex and relax.
- **Zumba®** – With pulsating Latin rhythms and red-hot international dance steps, it's the best way to party your way into shape.
- **Zumba® Gold** – A milder, lower impact version of Zumba® for all fitness levels.
- **Zumba® Step** – Tone and strengthen legs and glutes with a gravity-defying blend of Zumba routines and step aerobics. Maximum lower body results without losing the fitness-party fun you love.
- **Sculpt & Tone** – Not your usual Legs, Bums and Tums class, this one incorporates more of your muscles for a total body tone-up.
- **Les Mills BodyPump** – 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!
- **Piloxing** – Piloxing Knockout is a 45-minute workout influenced by Plyometrics, sports conditioning drills and functional training. Increase your fitness level, boost your confidence and strength, break boundaries and gain results. Knockout is a program that suits and challenges individuals of all fitness levels.
- **Yogalates** – Yogalates is a comprehensive exercise system which successfully fuses the practices of Yoga and Pilates. Yogalates sessions will include exercises and poses (asana) to cultivate strength, stamina, stability and flexibility with particular attention paid to building tone in the deeper postural "core" muscles. While also encouraging a connection with self to soothe the nervous system, release stress, aid relaxation and instill inner calm and overall wellbeing.
- **Pilates** – A series of mental and physical exercises focusing on core stability, strength, flexibility and posture.
- **Introduction to Pilates** – 30 min class on the first Thursday of every month in the main studio.
- **HIITalates** – train smarter not harder, short sharp class concentrating on perfect posture and alignment, requiring maximum muscle usage for each exercise. Hard on the muscles, easy on the lungs.
- **Yoga & Conditioning** – A series of mental and physical exercises focusing on control of breathing, improving your flexibility, posture and core strength.
- **Abs Blast** – A short bout of intense abdominal and core-based work. Just 20 minutes spent on that key area for everyone. Join us in the Studio for your weekend warm-up.
- **Les Mills Grit Series / HIIT** – Designed to burn fat and rapidly improve athletic capacity, this explosive 30-minute High Intensity Interval Training provides the challenge and intensity you need to take your training to the next level!
- **XBA (Xtreme Body Assault)** – Fire up your metabolism and get fit for life! This exciting class incorporates everyday movements with the latest fitness equipment to deliver lean, toned muscles which is proven to improve weight loss, core strength, balance and joint mobility for day-to-day tasks.
- **XBA 2.0** – Xtreme Body Assault, taken to another level. Harder, better, faster, stronger!
- **Met Con** – Short for 'Metabolic Conditioning' this class follows either a HIIT format with short periods of intense exercise followed by similar length at a lower intensity, or various exercises performed back to back. Think XBA, for 30 minutes.
- **Tabata** – Tabata is a form of high intensity interval training designed to get your heart rate up in that very hard anaerobic zone for short periods of time. Typically formatted 20 seconds work/10 seconds rest for 8 rounds, this class is an ideal way to get the performance benefits in a shorter amount of time.

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

**ASK ONE OF OUR TEAM ABOUT YOUR EXCLUSIVE MEMBERS OFFERS AND 'REFER A FRIEND' REWARDS.**