



BANK OF ENGLAND SPORTS CENTRE STUDIO TIMETABLE

020 8392 4360

Sep-17

Doc No: 11997312

Monday

Time	Class	Studio	Instructor
8.15-9.00am	Pilates	1	Melissa
9.30-10.30am	Boxercise	1	Rob
9.30-10.30am	Body Thrive	2	Jay
9.45-10.45am	Aqua Fit	Pool	Ayesha
10.30-11.30am	Keiser Cycle	2	Caroline
10.45-11.45am	Pilates - Int	1	Melissa
12.00-1.00pm	Yoga - Int	1	Tina
1.00-2.00pm	Pilates	1	Melinda
6.15-7.00pm	Cardio Combo	2	Alex
7.00-8.00pm	Yoga - Int	1	KingKing
7.15-8.15pm	Keiser Cycle	2	Alex

Tuesday

Time	Class	Studio	Instructor
7.00-7.50am	Boot Camp	1	Rob
9.30-10.30am	Body Cond	1	Alex
9.30-10.15am	Keiser Cycle	2	Angela
10.30-11.30am	Free Style Pump	2	Angela
10.30-11.30am	Pilates - Int	1	Melissa
11.30-12.30pm	Pilates	1	Melissa
11.30-12.30pm	Jump Fit	2	Hugo
12.30 -1.30pm	Zumba	2	Hugo
12.30-1.30pm	Yoga	1	Ursula
5.15 - 6.00pm	Family Jump Fit	2	Ayesha
6.30-7.30pm	STOTT Pilates L2	1	Patrick
7.30-8.30pm	STOTT Pilates L1	1	Patrick
7.45-8.45pm	Keiser Cycle	2	Inka

Wednesday

Time	Class	Studio	Instructor
8.00-8.45am	Yoga	1	Ann
9.30-10.30am	Pilates - Int	1	Jan
9.30-10.30am	Keiser/Abs	2	Alex
10.45-11.45am	Tapfit	2	Susie
10.35-11.35am	LBT	1	Alex
11.45-12.45pm	Meditation	1	Ursula
6.00-7.00pm	Pilates - Beg	1	Melinda

Thursday

Time	Class	Studio	Instructor
7.30-8.15am	Keiser Cycle	2	Inka
9.00-10.00am	Body Balance	1	Julie
9.30-10.30am	Body Thrive	2	Jay
10.05-11.05am	Yoga - Beg	1	Ann
10.30-11.30am	Step Conditioning	2	Hugo
11.10-12.05pm	Circuits/Abs	1	Rob
11.30-12.30pm	Jump Fit	2	Hugo
12.10-1.05pm	Yoga	1	Penny
1.10-2.10pm	Pilates	1	Melissa
6.00-7.00pm	Pilates - Int	1	Patrick
7.00-8.00pm	Aqua Aerobics	Pool	Danny
7.30-8.30pm	Flow Yoga	1	Jackie
8.00-9.00pm	Super Circuits	Gym	Andy

Friday

Time	Class	Studio	Instructor
7.00-7.50am	Boot Camp	1	Alex
9.00-9.45am	Total Stretch	1	Patrick
9.30-10.45am	Keiser/Abs	2	Charlotte
9.30-10.30am	Boxercise	S. Hall	Rob
10.00-11.00am	STOTT Pilates L1	1	Patrick
11.10-12.10pm	Yoga - Int	1	Jan
11.10-12.10pm	Yoga - Int	1	Jan

Saturday

Time	Class	Studio	Instructor
8.00-8.50am	Boot Camp	2	Caroline
9.00 - 9.45am	Kick Start Kardio	1	Karenza
9.00-9.45am	Keiser Cycle	2	Caroline
10.00-11.00pm	Body Balance	1	Caroline
10.00-11.00am	Step	2	Helen
11.00-12.00pm	Yoga	1	Ann
4.00-5.00pm	STOTT Pilates L2	1	Patrick

Sunday

Time	Class	Studio	Instructor
10.00-11.00am	Keiser/Abs	2	Char/Ang
10.00-11.00am	LBT	1	Ayesha
11.00-11.45pm	Stretch	1	Ayesha
12.00-1.00pm	Yoga	1	Arlette
4.00-5.00pm	Meditation	1	Vicky

Traffic Light System

Status	Description
Safe	Very Popular
Boost Needed	OK but need more attendants
Danger	Not Well Attended
New Class	Yet to be rated
Trial Class	Run for 4 weeks to gauge interest

Aqua

A low impact, aerobics style class that takes place in the swimming pool. It uses the water's resistance to tone muscles and increase endurance.

Body Balance

An 'oasis for body and mind', Body Balance is a mix of T'ai Chi, Pilates and Yoga. Improving joint flexibility and range of motion.

Body Conditioning

A conditioning class that concentrates on toning and strengthening the whole body while using a variety of equipment, including the participant's own body weight.

Body Thrive

A Cardio High Intensity Interval Training style class. This combines a mixture of sports specific and general body conditioning exercises with cardio drills.

Boot Camp

An interval based class involving short bursts of different exercises, to help increase fitness, strength and endurance. This class will take place outside weather dependent.

Boxercise

A fast moving workout using a combination of boxing gloves & focus pads - great for improving fitness and strength.
(Own boxing gloves required)

Cardio Combo

This class will incorporate cardio & strength training while using a variety of equipment. This is for all levels of fitness and can be adapted accordingly to the attendees.

Circuits/Abs

A studio circuit class that incorporates the use of equipment to enhance strength and cardio output.

Free Style Body Pump

Free weights-plates, barbells and an aerobic steps are used to work major muscle groups while performing isolation-based exercises such as squats, presses & dead lifts.

Jump Fit

Low impact, high intensity - the trampoline takes the strain. Exciting moves, lively music, a total feel good & happy class.

Kick Start Kardio

Wake up your weekend with an effective 45min cardio class. Burn calories, strengthen your core, tone muscles and improve posture and balance. A great way to get your weekend off to a cracking start!

Keiser Cycle

Indoor cycling workout which will burn up to 600 calories each class and increase cardiovascular fitness.

LBT

A conditioning class focusing on toning the lower body using a variety of equipment and participant's own body weight.

Meditation

A class where you can achieve a greater sense of wellbeing, Meditation is perfect for those who want to increase their mental awareness.

Pilates

A highly effective class using slow and measured movements that help improve posture and flexibility.

Step

A challenging, energising workout combining high and low impact moves based around a step platform.

Stott Pilates

STOTT Pilates is a version of pilates which focuses mostly on the natural curvature of the spine. This is split into two levels - level 1, essential beginners, level 2 - those who are experienced with the basic Pilates principles.

Super Circuits

A gym based circuit class using the resistance machines to tone and strengthen the muscles combined with cardio.

Tapfit

Tapfit is for anyone who wants to get fit, have fun and learn to tap dance! The workouts are easy to follow and your instructor will take you through step by step.

Total Stretch

This will be a top to toe body stretch class which will improve your flexibility, mobility and suppleness.

Yoga

Develops strength and flexibility and helps to improve posture and increase mental awareness.

Zumba

Zumba is a dance fitness programme created in Colombia involving dance and aerobic movements performed to energetic music.

Studio Procedures

Members can book classes up to seven days in advance. If you cannot attend the class you've booked, please ring us in

Please collect a ticket from reception before going to your class. If you are more than five minutes late to your class, you may be refused a ticket and entry.

This is to minimise disruption to the rest of the members, or your place may have been given to someone on the waiting list. If a member books and doesn't attend on three occasions, booking rights may be temporarily withdrawn.

Please check the notice board for any class changes or cancellations.

NOTE: If class level is not specified, (eg: beg, int) then the class is open to all.