



BANK OF ENGLAND SPORTS CENTRE STUDIO TIMETABLE

020 8392 4360
updated 03/01/18

Doc No: 13215570

Monday

Time		Class	Studio	Instructor
8.15-9.00am	○	Pilates	1	Melissa
9.30-10.30am	●	Boxercise	1	Victoria
9.30-10.30am	●	Body Thrive	2	Jay
9.45-10.45am	●	Aqua Fit	Pool	Ayesha
10.35-11.30am	○	Keiser Cycle	2	Caroline
10.45-11.45am	○	Pilates - Int	1	Melissa
12.00-1.00pm	●	Yoga – Int	1	Tina
1.10-2.10pm	●	Pilates	1	Melinda
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	Charlotte
10.30 -11.30am	●	Free Style Pump	2	Charlotte
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
6.30 - 7.30pm	○	STOTT Pilates L2	1	Patrick
7.30 - 8.30pm	○	STOTT Pilates L1	1	Patrick
7.30 - 8.30pm	●	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
10.35-11.35am	○	LBT	1	Alex
11.45-12.45pm	●	Meditation	1	Ursula
6.00-7.00pm	○	Pilates - Beg	1	Melinda
7.00- 8.00pm	▲	Tai Chi	1	Andi

Thursday

Time		Class	Studio	Instructor
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	Alex
10.00-11.00am	○	Stott Pilates L1	1	Patrick
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	Char/Angelici
10.00-11.00am	●	Step	2	Helen
11.00-12.00pm	○	Yoga	1	Ann
12.10 - 1.10pm	▲	Yoga	1	Jana
4.00-5.00pm	○	Stott Pilates L2	1	Patrick

Sunday

Time		Class	Studio	Instructor
10.00-11.00am	○	Keiser/Abs	2	Charlotte
10.00-11.00am	●	LBT	1	Ayesha
11.00-11.45pm	●	Stretch	1	Ayesha
12.00-1.00pm	○	Yoga	1	Alette
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
New Instructor	●	Run for 6 weeks to gauge interest
Trial Class	▲	Run for 6 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.

Tai Chi

Tai Chi is a non- competitive martial art known for both its defence techniques and its health benefits. It is known to help elevate stress and anxiety.

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 advance to cancel.

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.