



# BANK OF ENGLAND SPORTS CENTRE STUDIO TIMETABLE

020 8392 4360  
updated 01/03/18

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 - last class 5/3	2	Alex
6.15 - 7.00pm	○	Junior Boxwise starts 12/3	2	Alex
7.00 - 8.45pm	○	BoxFit starts 12/3	2	Alex

## 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	1	Melinda
7.00- 8.00pm	●	Tai Chi	1	Andi
7.00 - 7.45pm	▲	Keiser starts 14/3	1	Karenza

## Friday

Time		Class	Studio	Instructor
7.45-8.30am	●	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

## 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	Arlette
4.00-5.00pm	●	Meditation	1	Vicky

## Tuesday

Time		Class	Studio	Instructor
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
7.15 - 8.15pm	●	Keiser Cycle	2	Inka

## Thursday

Time		Class	Studio	Instructor
8.00 - 8.45am	▲	Keiser last class 15/3	2	Karenza
9.00-10.00am	●	Body Balance	1	Julie
9.30-10.30am	●	Body Thrive	2	Jay
10.05-11.05am	○	Yoga – Beg	1	Ann
10.45-11.45am	○	Step Conditioning	2	Hugo
11.10 -12.05pm	●	Circuits/Abs	1	Rob
11.45-12.45pm	●	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

## 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
3.00 - 4.00pm	●	Yoga	1	Jana
3.00 - 4.00pm	▲	Pilates Beg starts 10/3	1	Patrick
4.00-5.00pm	○	Stott Pilates L2	1	Patrick

## 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.

### BoxFit

Combining boxing pad work with strength and conditioning training

### 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.

### Junior Boxwise

A fun and engaging class with Alex. Let the kids partner up and burn their extra energy with boxing pads!

### Jump Fit

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

### Kick Start Cardio

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.**