



# BANK OF ENGLAND SPORTS CENTRE STUDIO TIMETABLE

020 8392 4360  
updated 02/07/18

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 returns in Sept	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
7.00 - 7.45pm	○	BoxFit	2	Alex

## 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

## 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 - 8.00pm	●	Cardio Tone returns in Sept	2	Karenza

## Thursday

Time		Class	Studio	Instructor
8.00 - 8.45am	●	Keiser Cycle	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
11.45 - 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

## Friday

Time		Class	Studio	Instructor
7.30 - 8.15am	●	Boot Camp	1	Alex
9.00 - 9.45am	○	Total Stretch	1	Patrick
9.30 - 10.15am	○	Keiser	2	Charlotte
10.30 - 11.30am	▲	Free Style Pump	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
3.00 - 4.00pm	●	Pilates Beg	1	Patrick
4.00 - 5.00pm	○	Stott Pilates L2	1	Patrick

## Sunday

Time		Class	Studio	Instructor
10.00 - 11.00am	○	Keiser/Abs	2	Charlotte/Helen
10.00 - 11.00am	○	LBT	1	Ayesha
11.00 - 12.00pm	▲	Pilates	1	Melinda
11.00 - 12.00pm	▲	Jump Fit	1	Ayesha
12.00 - 1.00pm	○	Yoga	1	Arlette
4.00 - 5.00pm	●	Mind & Body relax&restore	1	Vicky

## Traffic Light System

Status		Description
Safe	○	Very Popular
Boost Needed	●	Ok but need more attendees
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
New ClassTime		Slight changes to class times

### 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

This is a fun, fast-paced class using a variety of moves and techniques. With the use of boxing gloves/pads and circuit stations, the participant will learn the basic art of boxing. This will use aerobic and anaerobic systems to improve fitness levels in a non-confrontational way. Own boxing gloves required.

### Boxercise

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

### LBT

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

### Body Blast

This is a circuit based workout. With the aid of resistance bands and free weights this class will target body fat and will leave your body burning calories long after the class.

### 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 - let the trampoline take 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.

### Cardio Tone

Get your blood pumping with a cardio section before moving on to strengthen and tone the main muscles groups with a variety of weights/bands/barbells.

### 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 alleviate 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 10 minutes 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.**