



# BANK OF ENGLAND SPORTS CENTRE STUDIO TIMETABLE

020 8392 4360  
updated 18/10/18

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   |
| 7.00 - 7.45pm   | ● | BoxFit        | 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 - 8.00pm   | ● | Spin & Tone   | 2      | Karenza    |

## Friday

| Time            |   | Class            | Studio  | Instructor |
|-----------------|---|------------------|---------|------------|
| 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        |

## 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         |
| 12.00 - 1.00pm  | ○ | Yoga                      | 1      | Arlette         |
| 4.00 - 5.00pm   | ● | Mind & Body relax&restore | 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      | Helen      |

## 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        |
| 11.10 - 11.55am | ○ | Circuits          | 1      | Carl       |
| 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       |

## Saturday

| Time            |   | Class             | Studio | Instructor    |
|-----------------|---|-------------------|--------|---------------|
| 8.00 - 8.50am   | ○ | Boot Camp         | 2      | Caroline      |
| 9.00 - 9.45am   | ○ | Kick Start Cardio | 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       |

## 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 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.

### 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.

### 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.

### Boxercise

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

### 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.

### Spin & Tone

Get your blood pumping with a cardio section through the use of our Keiser bikes before moving on to strengthen and toning the main muscles groups with a variety of free weights and barbells.

### Circuits

Circuit training is a popular form of workout that targets aerobic fitness and muscular endurance simultaneously while performing a cardio workout with the use of equipment or working against your own body weight.

### 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.

### 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 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.**