



# BANK OF ENGLAND SPORTS CENTRE STUDIO TIMETABLE

020 8392 4360  
updated 24/04/19

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
6.15 - 7.00pm	●	Pilates	1	Melinda
7.00 - 8.00pm	●	Yoga - Int	1	KingKing
<b>7.00 - 7.45pm</b>	●	<b>BoxFit</b>	<b>2</b>	<b>Alex</b>

## 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	●	Spin & Tone	2	Karenza

## Friday

Time		Class	Studio	Instructor
7.30 - 8.15am	●	Boot Camp	1	Alex
9.15 - 10.00am	○	Total Stretch	1	Patrick
9.30 - 10.30am	○	Keiser/abs	2	Charlotte
9.30 - 10.30am	○	Boxercise	S. Hall	Alex
10.00 - 11.00am	○	Stott Pilates L1	1	Patrick
10.30 - 11.15am	○	Pound	S. Hall	Simona
11.10 - 12.10pm	●	Yoga - Int	1	Jan
12.30 - 13.15pm	●	Aerobiglow	2	Rachael

## Sunday

Time		Class	Studio	Instructor
10.00 - 11.00am	○	Keiser/Abs	2	Charlotte/Caroline
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
8.15 - 9.00am	○	Total Stretch	1	Patrick
9.30 - 10.30am	○	Body Cond	1	Alex
9.30 - 10.15am	○	Keiser Cycle	2	Charlotte
10.20 - 10.50am	○	Absolute Tone	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
9.30 - 10.30am	●	Body Thrive	2	Jay
10.05 - 11.05am	○	Yoga - Beg	1	Ann
<b>11.10 - 11.55am</b>	●	<b>Circuits</b>	<b>1</b>	<b>Carl</b>
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
6.15 - 7.15pm	○	Pilates -Advanced	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	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

### Absolute Tone

This is a 30 minute cardio class which will consist of a variety of short and snappy exercises and with the aid of free weights will help sculpt and define the body muscles.

This class will vary each week to keep motivation high and developments consistent. Not to be missed.

### 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.

### 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.

### LBT

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

### 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.

### 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.

### 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.

### 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.

### 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.

### Pound Fitness

Pound is a 45 minute class that combines cardio and weight-training exercises with yoga and pilates inspired movements. Through the use of lightweighted drumsticks adds an element of fun while performing a total body workout.

### Aerobiglow

This is a 45 minute aerobic/dance class taking place in a dark room using glowsticks as your only source of light. Fun-filled, high intensity workout where no-one can see what you're doing!

### 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.**