



Studio Class Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Evening Classes	Evening Classes	Evening Classes	Evening Classes	Evening Classes	Morning Classes	Morning Classes
18:00 – 18:45 B2B Boot Camp Mark	18:00 – 19:00 B2B Boot Camp Mark	18:00 – 18:30 Boxercise Curtis	18:30 – 19:30 B2B Boot Camp Mark	<p>sinéad Loughnane Academy</p>	08:30-09:30 CIRCUITS Alan	09:00 – 10:00 Yoga Rachel
19:00 – 20:00 Yoga - Studio Katie	19:00 – 19:45 Group Cycling Laura	18:30 – 19:15 HIIT Curtis	19:50 – 20:50 Pilates Kate			Afternoon Classes
19:30-20:00 Zumba – Sports Hall Suzie		19:15-20:00 PILATES Alexis	20:00-21:00 Aqua Zumba Debra			14:30-15:30 Aqua Zumba Debra

Please book online for the studio classes, not only does this ensure your place in the class, but if a class is cancelled we will be able to inform you at the earliest opportunity. Places are limited.

If you have booked in to a class and you are no longer able to attend please cancel your place so that another member on the waiting list can attend.

Once booked please report to the gym desk before going to your class.
Please note not all classes are held in the Sports Centre Studio.

Class Descriptions

CIRCUITS A fast paced class where you do an exercise for 30-60 seconds then move on to another exercise. You'll improve fitness, mobility, strength and stamina.	GROUP CYCLING You'll get a great workout, just hop on your bike, set the resistance that's right for you and let your instructor guide you through an incredible ride.
BOXERCISE	PILATES Controlled strength and flexibility exercises that engage the mind and condition the body. Improves posture, reduces stress, and creates lean muscle.
BOOTCAMP Learning and developing fundamental movements to improve your overall strength and fitness. With various exercises using equipment or your own body weight, you'll get a great workout.	Aqua Zumba brings new meaning to the idea of an invigorating workout. It combines the South American Zumba rhythm and dance steps with a pool party. It offers a fun but challenging, water -based, body-toning workout. So, liven up your working week with some Latin fever.
BODY CONDITIONING A total body workout to help improve your overall fitness. Using your own body weight as resistance, you'll be taken through a whole range of moves.	CARDIO BLAZE A whole body exercise class that is high energy and fun. Athletic movements combined with strength exercises makes for a great class for all levels of ability.
ZUMBA This is a fun aerobic class. Grooving to the beats of salsa, flamenco, and merengue music feels more like a dance party than a workout, which is exactly what makes Zumba so popular.	STUDIO HIRE If you have your own class and you would like to hire the studio, please contact us to see if we have the availability to get you on our timetable. Please email nhsports@nhs.gdst.net to get more information.