

THE 225 CLUB

CLASS TIMETABLE

DAY & TIME	CLASS NAME	CLASS DESCRIPTION	ABILITY LEVEL	INSTRUCTOR
MONDAY 9.45-10.30	BURN & TONE	Burn calories whilst improving your flexibility and strength. A great mix of circuit based exercises, pilates styled mobility work and stretches.	ALL	Lucy
19.00-20.00	BOXERCISE	Full body workout, which includes sparring. Non-contact training with a variety of boxing moves, you'll sweating by the end! Uneven numbered classes will include some rotational exercise and sets.	READY TO BE PUSHED	Helen
TUESDAY 9.30-10.30	HATHA VINYASA YOGA	Flowing breath led asana. Create strength and flexibility to realign and rebalance bodies, while quietening busy minds.	ALL	Sam Milward
19.30-20.30	POWER BODY BLAST	Perfect for male & female members. Circuit training with an emphasis on conditioning and improving overall body stamina.	READY TO BE PUSHED	Freddie
WEDNESDAY 9.45-10.30	HIIT	An interval based class. Combines full body strength training & high intensity cardio bursts. Keeps fat burning!	READY TO BE PUSHED	Freddie
10.45-11.45	VINYASA YOGA	Flow with Graceful Mind and Body - Vinyasa sequences to increase flexibility and strength, with postures & stretches to cleanse the body and the mind.	ALL	Gracie
19.30-20.30	BOOTY BARRE	Combines pilates, yoga and ballet moves for sculpted, lean muscles. Postural strength, alignment & upper body exercise using light weights.	ALL	Cecilia
THURSDAY 09.30-10.30	SCULPTING CORE YOGA	Sculpt your body with this yoga class focusing on strengthening your core, whilst incorporating some classic yoga flow.	ALL	Hannah
19.30-20.30	MIND & BODY YOGA	Rejuvenating yoga. This focuses on classic yoga flow. With sculpting exercises, ready to awaken, maintain and tone. You will improve your flexibility & breathing, feeling balanced and realigned in mind & body.	ALL	Eleanor
19.30-20.15	CARDIO BURN IN THE GYM. GROUP OF 4	Small group of 4 people based in the gym. Maximising use of the weights and cardio equipment for a tailored and tough high calorie burning workout. Instructor focus will be on your form ensuring you are working at your best.	READY TO BE PUSHED	Flora
FRIDAY 9.45-10.30	TOTAL BODY BLAST	Floor based class that uses hand weights and other studio equipment to condition and sculpt all body parts. This class is ideal for anyone looking for an intense toning class that is mixed impact (low impact options). A typical class will begin with an all over body warm up that is easy to follow. Then compound exercises (big muscle groups) followed by upper body and isolation exercises. Workout will be concluded with a full body stretch.	ALL	Lucy
12.30-13.30	MAT PILATES	This class employs controlled breathing during body weight resisted movement, to build core strength. Exercises in mat pilates may involve a pilates ring, resistance band, or weighted balls.	ALL	Sam Fulford
SATURDAY 10.00-10.45	HIGH POWER BODY PHYSIQUE	Perfect for male & female members. Circuit training with an emphasis on conditioning and improving overall body stamina	READY TO BE PUSHED	Flora
Booking required 01932 590030 Classes FOC for members Non Members £15				

BOOKING KINDLY REQUIRED | THANK YOU!
CLASSES INCLUDED IN CLASSIC MEMBERSHIP | £15.00 NON MEMBERS