

**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 6 SPACES	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 8 SPACES	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 6 SPACES	Sam
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 6 SPACES	Emma
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 8 SPACES	Freddie
19.30-20.30	MAT PILATES	Combines pilates, yoga and ballet moves for sculpted, lean muscles. Postural strength, alignment & upper body exercise using light weights.	ALL 6 SPACES	Zara
THURSDAY 09.30-10.30	DYNAMIC FLOW YOGA	Flowing from one yoga pose to the next, with an emphasis on a core workout. A truly well balanced workout & yoga experience.	ALL 6 SPACES	Hannah
9.30-10.15	HIIT IN THE GYM	An interval based class in the gym. Dynamic use of equipment. Combining full body strength training & high intensity cardio bursts. Keeps fat burning!	READY TO BE PUSHED 6 SPACES	Johnny
19.30-20.15	CARDIO BURN IN THE GYM	Small group of 4 people 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 4 SPACES	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).	ALL 6 SPACES	Lucy
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 6 SPACES	Flora
Booking required 01932 590030 Classes FOC for members Non Members £15				

The 225 Club

Standard Terms & Conditions

The Small Print

The 225 Club reserves the right to update and change the class timetable at it's sole discretion. This may be due to demand for classes, but will typically be to keep the class timetable dynamic and productive to our members. We will always endeavour to give our valued patrons as much notice as possible with regards to changes. Kindly note, planned changes to the timetable will not result in refund of day passes or memberships.

We hope you thoroughly enjoy your classes here at The 225 Club & we look forward to seeing you soon!