

THE 225 CLUB CLASS TIMETABLE

DAY & TIME	CLASS NAME	CLASS DESCRIPTION	ABILITY LEVEL	INSTRUCTOR
MONDAY 9.45-10.30	METABOLIC CONDITIONING	Metabolic Conditioning is a method of training that involves a very high work rate, using exercises designed to burn more calories during your workout and maximise calories burned after your workout. These routines are intended to increase your body's storage and delivery of energy for any activity.	Level 3	Olivia
19.00-19.45	BOXERCISE & CARDIO	Non-contact training with a variety of boxing moves & cardio! The class includes a mixture of full body exercise and rotational core exercises with pad-work boxing. You'll sweating by the end!	Level 2	Olivia
TUESDAY 9:45-10:30	HIIT	This class is ideal for anyone looking for an intense toning class that is mixed impact across all types equipment in the gym.	Level 3	Flora
WEDNESDAY 9.45-10.30	HIIT	An interval based class. Combines full body strength training & high intensity cardio bursts. Keeps fat burning!	Level 3	Freddie
THURSDAY 09.30-10.15	HIIT	An interval based class in the gym. Dynamic use of equipment that combines full body strength training & high intensity cardio bursts. We usually include some boxercise too!	Level 2	Johnny
FRIDAY 9.45-10.30	TOTAL BODY PUMP	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 alternatives to exercises can be requested).	Level 1	Lucy
SAT 10.00-10.45	HIGH POWER BODY PHYSIQUE	This 45 minute class incorporates a full body, heart raising, aerobic and strength conditioning workout, targeting all muscle groups. Interval-based class combines full body strength training with high intensity cardio bursts designed to not only tone your body and improve your endurance but to educate you and clear your mind before your busy day gets started. Be ready to break a sweat!	Level 2	Matt
Booking required 01932 590030				

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!