

# Class Timetable



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
07:00 – 07:45 <b>L1FT</b>	07:00 – 07:45 <b>Boxercise</b>	07:00 – 07:45 <b>Spin</b>	07:00 – 07:40 <b>Strength</b>	07:00 – 07:45 <b>Studio Virtual Bootcamp</b>
07:45 – 08:15 <b>Circuits</b>	07:45 – 08:15 <b>Weights for Women</b>	07:45 – 08:15 <b>Train with the Trainer</b>	07:45 – 08:15 <b>Core</b>	07:45 – 08:15 <b>Studio Virtual Sixpack Attack</b>
12:00 – 12:30 <b>HIIT</b>	12:00 – 12:45 <b>Pilates</b>	12:00 – 12:30 <b>Circuits</b>	12:00 – 12:30 <b>Boxercise</b>	12:00 – 12:45 <b>Pilates</b>
12:45 – 13:15 <b>Spin</b>	12:45 – 13:15 <b>Functional Fitness</b>	12:45 – 13:30 <b>Yoga</b>	12:45 – 13:30 <b>Yoga</b>	13:00 – 13:30 <b>Studio Virtual Spin</b>
17:00 – 17:45 <b>Pump</b>	17:00 – 17:45 <b>Circuits</b>	17:00 – 17:45 <b>Functional Fitness</b>	17:00 – 17:45 <b>Functional Fitness</b>	17:00 – 17:45 <b>Studio Virtual L1FT</b>
18:00 – 18:30 <b>Studio Virtual Yoga Vinyasa</b>	18:00 – 18:30 <b>Studio Virtual Bootcamp</b>	18:00 – 18:30 <b>Studio Virtual L1FT</b>	18:00 – 18:30 <b>Studio Virtual Brazilian Burn</b>	18:00 – 18:30 <b>Studio Virtual Zumba</b>

Book Classes and Induction via the Technogym App

You must have an induction before being able to book a class

**energy360.club**

# Class Descriptions



## Circuits

Circuit training, consisting of a number of different stations set up around the room, participants work through the sequence of exercises one at a time to perform as many repetitions as they can in the time frame. Suitable for anyone new to exercise and wanting a bit more guidance and support.

## Weights For Women

Specifically aimed at ladies who are looking to start adding in more weight based exercises into their training. A step by step guide into lifting weights safely, with correct form and technique to develop strength and change body shapes.

## HIIT

High intensity interval training, short bursts of exercising with short periods of rest repeated to gain maximum intensity and improve aerobic endurance.

## Spin

Indoor cycling is a form of exercise class focused on the static bike. The class is all set to motivational music to help keep you energised as you work on endurance, strength, speed and power through various cycling training methods. Suitable for all levels of fitness.

## Functional Fitness

An exercise class that supports and mimics your everyday life, focusing on developing push/pull strength, flexibility and mobility and co-ordination. Combining bending, squatting, twisting, reaching, lunging and movements that use core strength.

## Pump

A full-body resistance workout using a barbell with light weights and high reps, that will shape and tone all major muscle groups. A calorie-burning class that will get you lean, toned and fit!

## Yoga

Developed as a spiritual practise thousands of years ago, it is a practise that connects the body, mind and breath. It uses a variety of physical postures, breathing exercises and meditation to improve overall health.

## Pilates

A combination of exercises that are simple and repetitive, yet challenging. Pilates is designed to help participants develop leaner, longer muscles, focusing on strength, stability, posture and flexibility.

## Fit to Begin

A beginners based fitness class which is suitable for someone new to exercising and would like more guidance in a friendly and supportive group environment, to get started on their fitness journeys.

## Boxercise

A fat-burning fitness class, designed to work the whole body and get the heart pumping. Includes padwork and boxing circuits, suitable for all fitness levels.

## LBT

A cardio and resistance workout targeting the legs, bums and tums.

## Circuits

Consisting of a number of different stations set up around the room, participants work through the sequence of exercises one at a time to perform as many repetitions as they can in the time frame.

## Lift & Lean

A resistance training workout, focusing on the benefits of strength and conditioning. A great way to improve your fitness and body composition, incorporating barbells, kettle bells and hand weights.

## Strength

A class designed to focus on improving your strength, you will be guided through correct lifting technique as well as being helped with showing many different ways to train in the resistance area.

## Train with the Trainer

Advanced mixed conditioning training, designed to really challenge and change your fitness.

## Studio Virtual Yoga Vinyasa

Wexer class, combining movement with the breath to create an energising and detoxing flow.

## Studio Virtual Bootcamp

Wexer class, incorporating bodyweight training for ultimate fitness.

## Studio Virtual L1FT

Wexer class, a sculpt workout using handweights, plates and bodyweight exercises.

## Studio Virtual Brazilian Burn

Wexer class, cardio capoeira – a dancelike martial art of Brazil.

## Studio Virtual Sixpack Attack

Wexer class, a classic abs and backs workout to strengthen and define the core.

## Studio Virtual Spin

Wexer class, an indoor group cycling experience to music.

## Studio Virtual Zumba

Wexer class, a fun form of aerobic fitness exercise based on Latin American dance rhythms.