

# FITNESS CLASS TIMETABLE

## Monday

**7.00-7.30**  
Power Hiit

**8.15-9.00**  
Greet the Day Yoga

**9.15-10.00**  
Bootcamp

**9.15-10.00**  
Pilates

**10.15-11.00**  
Body Conditioning

**11.15-12.00**  
Zumba

**12.30-13.15**  
Core & Stability

**13.30-14.15**  
Pump & Tone

**16.30-17.15**  
Strength & Mobility

**17.30-18.15**  
Box Fit

**18.15-19.00**  
CBC Spin

**18.30-19.00**  
Power Hiit

**19.15-20.00**  
Pilates

## Tuesday

**7.00-7.30**  
Inferno

**8.15-9.00**  
Pilates

**9.15-10.00**  
Pump & Tone

**10.15-11.15**  
Yin Yoga

**11.30-12.00**  
Legs, Bums & Tums

**12.15-13.00**  
Stretch & Flow

**13.15-14.00**  
Functional Fitness

**16.45-17.15**  
Core & Stability

**17.30-18.15**  
Pump & Tone

**18.30-19.00**  
Burn at Breedon

**19.15-20.00**  
Tai Chi

## Wednesday

**6.45-7.30**  
Sculpt & Strength

**8.00-9.00**  
Ashtanga Yoga

**9.15-10.00**  
Bootcamp

**9.15-10.00**  
Zumba

**10.15-11.00**  
Body Conditioning

**11.15-12.00**  
Barre

**13.30-14.15**  
Sculpt & Strength

**17.00-17.45**  
Fusion Pilates

**17.15-18.00**  
Bootcamp

**18.00-19.00**  
Hatha Yoga

**18.15-18.45**  
CBC Spin

**19.15-20.00**  
Pump & Tone

## Thursday

**6.45-7.30**  
Burn at Breedon

**8.00-8.45**  
Core & Stability

**9.00-10.00**  
Hatha Yoga

**9.15-10.00**  
Bootcamp

**10.15-11.00**  
Aerobic Conditioning

**11.15-12.00**  
Pilates

**12.15-13.15**  
Vinyasa Flow

**13.30-14.00**  
Legs, Bums & Tums

**16.45-17.30**  
Pilates

**17.45-18.30**  
Sculpt & Strength

**18.45-19.15**  
Inferno

**19.30-20.15**  
Hatha Yoga

## Friday

**7.00-7.30**  
Inferno

**8.15-9.00**  
Pilates

**9.15-10.00**  
Pilates Barre Fitness

**9.15-10.00**  
Bootcamp

**10.15-11.00**  
Pump & Tone

**11.15-12.15**  
Ashtanga Yoga

**12.30-13.15**  
Body Conditioning

**16.00-16.45**  
Sculpt & Strength

**17.00-18.00**  
Hatha Yoga

## Saturday

**8.00-8.30**  
Power Hiit

**8.15-8.45**  
Classic Spin

**8.45-9.30**  
Tai Chi

**9.00-9.45**  
Bootcamp

**9.45-10.15**  
Legs, Bums & Tums

**10.30-11.00**  
Freestyle 30

**11.15-12.00**  
Zumba Tone

## Sunday

**8.15-8.45**  
Freestyle 30

**9.00-9.30**  
Classic Spin

**9.00-9.45**  
Pilates

**10.00-10.45**  
Core & Stability

**11.00-11.45**  
Body Conditioning

Members are expected to arrive at least 5 minutes prior to the class start time.

**KEEP AN EYE OUT** for our weekly pop-ups, masterclasses and workshops advertised in-house with our team of instructors!

### BOOKING IS ESSENTIAL - TO BOOK A CLASS PLEASE:

- Download our App; FitSense from the App Store or Play Store
- Visit our website [www.breedonprioryhealthclub.co.uk](http://www.breedonprioryhealthclub.co.uk)
- Speak to a member of staff in reception



## HIGH Intensity/Impact

**Bootcamp** A full body functional workout that takes place outside, whatever the weather!

Using outdoor equipment and the surrounding areas to work on physical endurance and full body strength.

**BoxFit** A high intensity cardio workout based on boxing techniques using gloves and pad work.

**Burn at Breendon!** A fast paced, full body, no nonsense workout with a mix of bodyweight, kettlebell, dumbbell, and barbell exercises, all designed to make you work to your maximum, and feel the BURN!

**CBC Spin** Using our coach by colour software, we will instruct you through your individual training intensity for a great calorie scorching working.

**Classic Spin** Indoor cycling class that rides along to the music. Come and feel those hills, sprints, and enjoy the tunes!

**Freestyle 30!** This class focuses on either Hiit, Tabata, Circuits or Functional Training each week. Join in for 30 minutes of FUN!

**Inferno** A high intensity class designed to get your heart pumping, incorporating a range of high intensity interval training techniques.

**Power Hiit** A 30 minute Hiit session, aimed at enhancing strength, cardiovascular health and promoting lean muscle development. Incorporating barbell, weight plate and bodyweight movements, this workout effectively targets all major muscle groups.

## MODERATE Intensity/Impact

**Aerobic Conditioning** An old school class of aerobic moves and light weights to give you a fantastically fun cardio-based work out.

**Ashtanga Yoga** Breaking down the primary series with props and modifications to help you get the most out of your practice.

**Core and Stability** This class aims to strengthen your core and work on your balance and stability with the use of bodyweight and weighted exercise.

**Functional Fitness** Focuses on improving strength, endurance, flexibility and balance through exercise that mimics everyday movements.

**Legs, Bums & Tums** It works exactly where it suggests! This classic class uses a range of bodyweight, bands, weights to help tone, tighten and firm up.

**Pilates Barre Fitness** Taking the fundamentals of Pilates and Ballet with the addition of small equipment. A predominantly standing class focusing on high repetitions and low weights equals a serious 'burn'!

**Pump & Tone** A great barbell workout for anyone wanting to tone up and strengthen top to toe. Using high repetition and a range of weights, we can guarantee this will help you achieve the results you want.

**Sculpt & Strength** A weightlifting class focusing on building strength and muscle, with the aim of increasing your weights and improving your technique.

**Zumba** Fitness and fun all in one workout. Dance moves to great music, come and burn a ton of calories without even realising it!

**Zumba Tone** Enjoy the fun of classic Zumba along with the benefits of muscle toning using toning sticks and high reps for a fun full body workout.

## LOW Intensity/Impact

**Barre** A blend of classic ballet barre, yoga and pilates to stretch, strengthen and tone.

**Body Conditioning** A low impact full body workout using functional movements to work on endurance, strength, balance and mobility. Incorporating body weight exercises and light weights.

**Fusion Pilates** Taking on board elements from pilates, Yoga & Mobility to increase strength, flexibility and range of movement. Another great option for those holistic lovers!

**Greet the Day Yoga** A mindful way to start the day. Sessions will concentrate on releasing muscle tension with deep stretches along with emotional stability affirmations and meditation.

**Hatha Yoga** These classes are based on physical postures, breathing techniques, mindfulness and learning how to listen to your body. Increase your flexibility, strength and body control.

**Pilates** This classical class focuses on the key concepts of strength and conditioning to help with balance, coordination, posture and strength, using centring, control and breathing techniques.

**Strength and Mobility** This class will help you build strength, increase flexibility and prevent injuries. Join us for a well-rounded workout that leaves you feeling stronger and more agile!

**Stretch and Flow** A blend of breath work, gentle yoga and held stretches. A mid-day rest for body and mind.

**Tai Chi** A Chinese martial art based class, sometimes described as meditation in motion as it promotes serenity, using gentle movements - connecting mind and body as one.

**Vinyasa Yoga** A more dynamic approach to yoga in which you move from one pose directly into the next.

**Yin Yoga** Yin targets the muscle and deep connective tissue with long-held yoga postures. This can improve mobility and flexibility. Each class will include a meditation and a relaxation. Bring a blanket along for extra comfort.