

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

16.45-17.15
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
Gym Floor Lifting Club

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
Strength & Mobility

11.15-12.00
Barre

13.30-14.15
Sculpt & Strength

17.00-17.45
Fusion Pilates

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
Stretch & Mobility

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

6.15-7.00
Classic Spin

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

8.45-9.30
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

9.00-9.45
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
- 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 & Stability This class aims to strengthen your core and work on your balance and stability with the use of bodyweight and weighted exercises.

Gym Floor Lifting Club This class focuses on building confidence on the gym floor, aiming to build strength and overall fitness, and improve weight lifting technique

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 Mobility Aims to enhance flexibility, joint range of motion and overall movement with a blend of pilates and yoga.

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.

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.