

FITNESS CLASS TIMETABLE

Monday

7.00-7.30
Inferno

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
Burn at Breedon

19.15-20.00
Pilates

Tuesday

7.00-7.30
Power Hiit

8.15-9.00
Pilates Barre
Fitness

9.15-10.00
Pump & Tone

10.15-11.15
Yin Yoga

11.30-12.00
Legs, Bums & Tums

12.15-13.00
Pilates

13.15-14.00
Box Fit

16.45-17.15
Core & Stability

17.30-18.15
Pump & Tone

18.30-19.00
Power Hiit

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

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
Restorative Pilates

13.30-14.00
Legs, Bums & Tums

16.45-17.30
Pilates

17.45-18.30
Sculpt & Strength

18.45-19.15
Inferno

19.30-20.30
Hatha Yoga

Friday

6.15-7.00
Classic Spin

7.00-7.30
Inferno

8.15-9.00
Stretch & Flow

9.15-10.00
Pilates

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
Intro to
Calisthenics

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

8.45-9.30
Classic Spin

9.00-9.45
Vinyasa Yoga

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; Technogym from the App Store or Play Store
- Visit our website www.breedonprioryhealthclub.co.uk
- Speak to a member of staff in reception

