

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

9.15-10.00
Pump & Tone

10.15-11.15
Yin Yang Yoga

11.30-12.00
Legs, Bums & Tums

12.15-13.00
Pilates

13.15-14.00
Body Conditioning

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

12.15-13.00
Pilates

13.15-14.00
Sculpt & Strength

17.00-17.45
Fusion Pilates

18.00-19.00
Hatha Yoga

18.00-18.45
Bootcamp

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
Yogalates

13.30-14.00
Freestyle 30

16.45-17.30
Pilates

17.00-17.45
Run Club

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
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

8.15-8.45
Power Hiit

9.00-9.45
Tai Chi

9.00-9.45
Bootcamp

10.00-10.30
Legs, Bums & Tums

10.45-11.15
Freestyle 30

11.30-12.15
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



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 Brendon! 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.

Run Club A group run incorporating tempo training, intervals and hills! Helping you increase your speed, strength and endurance with a supportive and social atmosphere.

MODERATE Intensity/Impact

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

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.

Intro to Calisthenics Learn foundational bodyweight exercises like pull ups, push-ups, squats, and planks in a small-group setting, perfect for building strength, flexibility, and confidence at your own pace.

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.

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 Using the Original Pilates Principles you will be guided through a mixture of traditional exercises with added modern contemporary variations. This class will help with balance, coordination, posture and strength. Perfect for all abilities.

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 fluid, movement-based class that emphasizes harmonizing breath and body through continuous, smooth sequences.

Yin Yang Yoga This class will have the dynamism of yang and the calm of yin. Starting with an energising yang flow to warm our bodies, before balancing our energy with slow and mindful yin. Move with the speed of your individual breath and explore the depth of postures that feels right for you. Together we will find the balance between strengthening and stretching.

Yogalates - is a combination of Yoga and Pilates. Through simple exercises, you will develop your strength, flexibility and stability which will contribute to good posture, joint mobility and reduced stiffness.