

FITNESS CLASS TIMETABLE

Monday

6.45-7.30 Sculpt & Strength
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
12.15-13.00 Pilates
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 Yoga with Madhi

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
16.45-17.15 Step Fitness
17.30-18.00 Classic Spin
17.30-18.15 Pump & Tone
18.30-19.00 Inferno
19.15-20.00 Tai Chi

Wednesday

7.00-7.30 Hybrid Hiit
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 Somatic Yoga
13.15-14.00 Body Conditioning
17.00-17.45 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
13.30-14.15 Sculpt & Strength
16.45-17.30 Fitness Pilates
17.45-18.30 Sculpt & Strength
18.45-19.15 Hybrid Hiit
19.30-20.15 DanceFit

Friday

6.15-6.45 CBC Spin
7.00-7.30 Inferno
8.00-8.45 Stretch & Flow
9.00-10.00 Ashtanga Yoga
9.15-10.00 Bootcamp
9.30-10.15 Classic Spin
10.15-11.00 Pump & Tone
11.15-12.00 Pilates
12.15-13.00 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

8.30-9.15 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 Breedon! 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!

Hybrid HiiT This high-energy class is built for total fitness. Combining strength, cardio, and endurance training, Hybrid HiiT uses a variety of equipment and a mix of formats like EMOMs, AMRAPs, circuits and more.

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 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.

Dance Fitness Fitness and fun all in one workout. Dance moves to great music! Burn calories, boost energy and enjoy every minute.

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.

Step Fitness A high-energy cardio workout using a height-adjustable step platform. This class combines choreographed routines with upbeat music to boost endurance, coordination and lower-body strength. Expect a fun, fast-paced session that gets your heart pumping.

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.

Fitness Pilates blends traditional Pilates principles with strength training to create a low-impact, full-body workout. Using light weights and resistance, this class builds core strength, tones muscles, improves flexibility and enhances overall body control. Suitable for all fitness levels.

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.

Restorative Pilates This class combines gentle stretches and exercises to enhance mobility, balance and flexibility, honouring traditional Pilates with added relaxing and restorative movements.

Somatic Therapy This class focuses on gentle, mindful movements and breathwork to increase body awareness and promote healing from within.

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 & the calm of yin. Starting with an energising yang flow to warm our bodies, before balancing our energy with slow & 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.

Yoga with Madhi An alignment based guided morning yoga routine, which includes yoga exercises, breathing techniques, relaxation and meditation.