

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
Barre

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
Inferno

19.15-20.00
Yoga with Madhi

Tuesday

7.00-7.30
Hybrid 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

16.30-17.15
Yogalates

17.30-18.15
Pump & Tone

18.30-19.00
Burn at Breedon

19.00-19.30
Classic Spin

19.15-20.00
Tai Chi

Wednesday

7.00-7.30
Power 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

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
Gentle Yoga

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

10.15-11.00
Pump & Tone

11.15-12.00
Pilates

12.15-13.00
Body Conditioning

16.00-16.45
Fitness Pilates

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

10.45-11.30
Yogalates

11.45-12.30
Zumba Tone

Sunday

8.15-9.00
Pilates

8.30-9.15
Classic Spin

9.15-10.00
Vinyasa Yoga

10.15-10.45
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!

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.

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.

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

Gentle Yoga A calming, low-intensity class designed to improve mobility, release tension, and support overall well-being. Gentle Yoga focuses on slow, mindful movement and deep stretching.

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.

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 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.

Yogalates A balanced blend of yoga and Pilates that strengthens the core, improves posture, and enhances flexibility. Yogalates combines controlled Pilates movements with the flow and stretch of yoga, offering a full-body workout that's both strengthening and grounding.

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