



BREEDON PRIORY
HEALTH CLUB

FITNESS CLASS
TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 6.45 - 7.30 Sculpt & Strength	 7.00 - 7.30 Hybrid HIIT	 7.00 - 7.30 Power HIIT	 6.45 - 7.30 Burn at Breedon	 6.15 - 6.45 CBC Spin
 8.15 - 9.00 Greet the Day Yoga	 8.15 - 9.00 Pump & Tone	 8.00 - 9.00 Ashtanga Yoga	 8.00 - 8.45 Kettles & Core	 7.00 - 7.30 Inferno
 9.15 - 10.00 Classic Spin	 9.15 - 10.00 Pilates	 9.15 - 10.00 Zumba	 9.00 - 10.00 Hatha Yoga	 8.00 - 8.45 Stretch & Flow
 9.15 - 10.00 Barre	 10.15 - 11.00 Zumba	 9.15 - 10.00 Bootcamp	 9.15 - 10.00 Bootcamp	 9.00 - 10.00 Ashtanga Yoga
 10.15 - 11.00 Body Conditioning	 11.15 - 11.45 Legs, Bums & Tums	 10.15 - 11.00 Strength & Mobility	 10.15 - 11.00 Aerobic Conditioning	 9.15 - 10.00 Bootcamp
 11.15 - 12.00 Zumba	 12.00 - 12.45 Pilates	 11.15 - 12.00 Barre	 11.15 - 12.00 Pilates	 10.15 - 11.00 Pump & Tone
 12.15 - 13.00 Pilates	 16.30 - 17.15 Yogalates	 12.15 - 13.00 Somatic Therapy	 13.15 - 14.00 Sculpt & Strength	 11.15-12.00 Pilates
 16.45 - 17.15 Aqua	 17.30 - 18.15 Pump & Tone	 13.15 - 14.00 Body Conditioning	 16.45 - 17.30 Fitness Pilates	 12.15 - 13.00 Body Conditioning
 17.30 - 18.15 BoxFit	 18.30 - 19.00 Burn at Breedon	 17.00 - 17.45 Pilates	 17.45 - 18.30 Sculpt & Strength	 17.00 - 18.00 Hatha Yoga
 18.15 - 19.00 CBC Spin	 19.00 - 19.30 Classic Spin	 18.00 - 19.00 Hatha Yoga	 18.45 - 19.15 Power & Plyometrics	
 18.30 - 19.00 Inferno	 19.15 - 20.00 Tai Chi	 18.15 - 18.45 Classic Spin	 19.30- 20.00 Classic Spin	
 19.15 - 20.15 Yoga with Madhi		 19.15 - 20.00 Pump & Tone	 19.30- 20.15 DanceFit	

SATURDAY	SUNDAY
 8.15 - 8.45 Power HIIT	 8.15 - 9.00 Pilates
 9.00 - 9.45 Tai Chi	 8.30 - 9.15 Classic Spin
 9.00 - 9.45 Bootcamp	 9.15 - 10.00 Yin Yoga
 10.00 - 10.30 Legs, Bums & Tums	 10.15 - 10.45 Core & Stability
 10.45 - 11.30 Yogalates	 11.00 - 11.45 Body Conditioning
 11.45 - 12.30 Zumba Tone	



Members are kindly asked to arrive at least 5 minutes before the class start time, as late arrival may result in being unable to participate in the class.



Please note: Timetable is subject to change. Please check the Technogym app for the most up to date information.

DISCOVER MORE

Look out for our monthly pop ups and workshops promoted throughout the club, on the Technogym app and by our instructing team.

BOOK CLASSES

Book Via the Technogym app



CLASS INTENSITY/IMPACT GUIDE



LOW



MODERATE



HIGH

STAY CONNECTED



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