

Times	Studio	7.00 - 8.25	8.30 - 9.25	9.30 - 10.25	10.30 - 11.25	11.30 - 12.25	12.30 - 13.25	13.30 - 17.25	17.30 - 18.25	18.30 - 19.25	19.30 - 20.25	20.30 - 21.30
MON	1		*Body Pump*	Body Step	Body Pump	Zumba	Line Dancing (Beg) 13.00 - 13.45	Line Dancing 13.45 - 14.30	Ab Attack 18.00 - 18.25	Sh'bam 18.30-19.15	GRIT 19.20-19.50	Body Combat 19.50 - 20.45
	2		Pilates	Vinyasa Flow Yoga	Body Balance	Pilates	Yoga 12.30 - 13.45		Yoga Technique	Body Balance	Pilates	
	Group Cycle Pool / Other	Group Cycle 6.45 - 7.45		Group Cycle 9.30 - 10.15	Group Cycle 10.30 - 11.15	Aqua 10.30 - 11.15	Metafit 10.30-11.00				Group Cycle 18.30 - 19.15	Group Cycle 19.30-20.15
TUES	1		GRIT Strength 9.00 - 9.30	Body Combat	Sh'Bam 10.30 - 11.15		Tai Chi 12.00 - 13.15	Beginners Tai Chi 13.15 - 14.15	Zumba	Body Step	Body Pump	
	2	Vinyasa Flow Yoga 7.00 - 8.00	Pilates	Body Balance	Hatha Yoga 10.30-12:00	Metafit 10.30-11.00			Forrest Yoga	Body Balance	Hatton Boxing	Pilates Technique
	Group Cycle Pool / Other			Group Cycle 9.40 - 10.25	Ab Attack (Gym) 10.30 - 11.00	Get Into Golf 10.00-11.00	Group Cycle Express 10.40-11.10	Body Balance 12.00-13.00	Aqua (Hotspot) 14.00 - 14.45	Pulse Roll Class (crèche) 18.30 - 19.15	Group Cycle 18.40-19.25	Group Cycle Express (Hotspot) 19.40 - 20.10
WEDS	1	Body Pump 6:30-7:15	Metafit 9.00 - 9.30	Body Pump	Zumba		Fast Fit 12.30 - 13.00		GRIT 18.00 - 18.30	Body Combat	*Body Pump*	
	2		Pilates	Hatha Flow Yoga 9.30 - 10.45	Pilates LBT 10.45 - 11.30	Body Balance	Stretch & Relaxation	Pilates Technique	Pilates	Hatha Yoga	Body Balance	
	Group Cycle Pool / Other	Group Cycle 7.00 - 7.45		Group Cycle 9.30 - 10.15		Aqua 10.30 - 11.15				Group Cycle 18.40-19.25		
THUR	1		HIIT Strength 9.00 - 9.30	Body Attack	Fit & Fun 10.30 - 11.30				Body Pump	Dance Aerobics	Body Attack	
	2		Vinyasa Flow Yoga	Pilates	Body Balance	Pilates Technique	Yoga Technique 12.30 - 13.45	Family Yoga 16.30 - 17.25	Pilates LBT 17.45 - 18.30	Body Balance	Power Yoga 19.30 - 20.45	
	Group Cycle/Pool			Group Cycle 9.40 - 10.25	Ab Attack (Gym) 10.30-11.00	Group Cycle Express 10.40-11.10				Group Cycle 18.40-19.25	Box Fit 18.30-19.30	Aqua 19.45 - 20.30
FRI	1	Body Pump 7.00 - 7.45	Metafit 9.00 - 9.30	Body Combat	Body Pump	Body conditioning (Hotspot) 11.30 - 12.15	Fast Fit 12.30 - 13.00		Sh'bam 18.00 -18.45			
	2	Pilates 7.00 - 8.00	Body Balance	Power Yoga	Body Balance	Hatha Yoga	Pilates	Stretch & Relaxation 13.30 - 14.25	Golf Pilates 14.30 - 15.15	Yoga Technique (Hotspot) 18.30 - 19.30		
	Group Cycle Pool / Other			Group Cycle 9.30 - 10.25	Aqua 10.30 - 11.15			Get Into Golf 13.00-14.00	Group Cycle 18.00 - 18.45			
SAT	1	Body Attack 8.00 - 8.55	Body Pump 9.00 - 9.55	Body Balance 10.00 - 10.55		Sh'bam 11.30 - 12.15						
	2	Box Fit 9.00 - 10.00	Ashtanga Yoga 9.00 - 10.30	Boot Camp 10.15 - 11.00		Pilates 11.00 - 12.00						
	Group Cycle		Group Cycle 9.00 - 10.00	Group Cycle 10.05 - 10.50								
SUN	1		Body Step 9.00 - 9.55	Body Pump 10.00 - 10.55	Body Combat 11.00 - 11.55							
	2			Yoga 10.00 - 11.30		Body Balance (Hotspot) 11.30 - 12.30						
	Group Cycle		Group Cycle 9.00 - 9.45	Group Cycle 10.00 - 10.45								

*Members must book a 15 minute studio technique session for Group Cycle and Body Pump before attending their first class. This session can be booked in the gym at a time suitable for you.
























Body Pump and Group Cycle Express these classes are beginner friendly.

Bookings can be made up to six days in advance of the class, in person or by telephone or online. Numbers are limited. Please make every effort to cancel your classes online or via the club reception.

Book online at: www.bentonhall.co.uk

● Outdoor Classes - please wear appropriate attire to suit weather conditions

Please note all classes are for all abilities to attend. Instructors will give alternatives and adaptations to exercises to suit all levels. Please inform your instructor if you are new to a class. Prior to classes commencing you must please check in at Reception. The Club reserves the right to substitute instructors and change class and times, when and if the need arises.

Benton Hall Class Descriptions	DURATION	EXERCISE TYPE	BURN RATE	EQUIPMENT	MUSIC	RESULTS	
	BODY ATTACK	55mins	sports-inspired cardio	up to 735 kcals	none	the latest fun & hard hitting tunes	improves agility, coordination, strength, endurance & cardio fitness
	BODY STEP	55mins	step based cardio	up to 620 kcals	height adjustable step	the latest fun & funky tunes	improves cardio fitness, agility, coordination, & endurance strength
	LEGS BUMS & TUMS	55mins	aerobics to music, light weight or no weights for toning	up to 500 kcals	none	upbeat & motivating tunes to dance and tone the body	improves coordination, cardio fitness & tones the body
	BODY COMBAT	55mins	martial arts inspired cardio	up to 735 kcals	none	the latest hard hitting tunes	improves strength & endurance, balance & cardio fitness
	PILATES	55mins	holistic	up to 350 kcals	mat	relaxing & calming music	increases core strength, mobility & flexibility
	YOGA	60/90mins	variety of yoga styles	up to 300 kcals	yoga mat	relaxing & calming music	increases core strength, mobility, flexibility and well being
	BODY BALANCE	55mins	inspired by yoga, tai chi & pilates	up to 390 kcals	yoga mat optional	soulful, calming & inspiring	improves joint flexibility & range of motion tones & shapes, enhances well being
	STRETCH & RELAX	55mins	flexibility, mobility & strength	up to 200 kcals	mat	relaxing & calming music	improves flexibility & mobility by focusing on relaxation through stretching
	TAI CHI	60/75mins	martial arts inspired holistic	up to 200 kcals	none	none	improves balance & general mobility increases muscle strength in the legs
	AB ATTACK	30mins	conditioning	up to 150 kcals	functional kit	upbeat & motivating	improves core stability and conditions abs
	BODY PUMP	45/55mins	weight based resistant training	up to 560 kcals	barbell, plate, & height adjustable step	latest hard hitting & inspiring tunes	increases strength & endurance, tones & shapes, helps maintain bone health
	METAFIT	30mins	high intensity interval training	up to 400 kcals	none	upbeat and dynamic tunes to help motivate you	improves cardio fitness, muscle tone, coordination, & increases energy
	HATTON BOXING/ BOX FIT	55mins	group boxing cardio	up to 700 kcals	gloves & pads	upbeat & motivating	improves core conditioning, increases coordination improves heart & lung fitness
	FIT AND FUN	55mins	low impact cardio & strength	up to 400 kcals	resistance tubes and mats	upbeat	improves mobility, cardio fitness & muscle tone
	GROUP CYCLE	45/55mins	cardio group cycling	up to 600 kcals	indoor stationary exercise bike	motivating tunes that take you on a cycle experience	improves cardio fitness, muscle strength & endurance
	SH'BAM	45mins	dance inspired cardio	up to 450 kcals	none	chart topping popular hits	improves cardio fitness, muscle strength & coordination
	DANCE AEROBICS	55mins	dance inspired cardio	up to 450 kcals	none	mixture of classic hits and show tunes	improves coordination, cardio fitness & tones the body
	ZUMBA	55mins	dance inspired cardio	up to 450 kcals	none	latin inspired fitness party	improves coordination, cardio fitness & tones the body
	FAST FIT	30mins	small group functional training	up to 400 kcals	functional kit	upbeat & motivating	improves cardio fitness, muscle strength & coordination
	BOOT CAMP	60mins	high intensity circuit training	up to 600 kcals	functional kit	upbeat & motivating	improves cardio fitness, muscle strength & coordination
	AQUA	45mins	water based cardio & conditioning	up to 400 kcals	woggles	upbeat & motivating tunes	improves coordination, cardio fitness & tones the body
	LES MILLS GRIT SERIES	30mins	high intensity interval training	up to 400 kcals	weights & step	new music	improves strength, increases lean muscle & burns calories after your workout.
	GET INTO GOLF	60mins	sport specific	up to 250 kcals	equipment provided	none	designed for complete beginners to golf to introduce you to the game

* loan belts are available in the gym, you can also purchase your own belt at reception