

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.45 - 7.15 (S3) Group Cycle	6.45 - 7.45 (S1) Body Pump	6.45 - 7.30 (S3) Group Cycle	6.45 - 7.30 (S3) Group Cycle	6.45 - 7.15 (S1) GRIT	8.15 - 9.00 (S3) Group Cycle	
8.30 - 9.10 (S1) Prime Movers	8.45 - 9.25 (S2) Fitness Pilates	8.45 - 9.25 (S1) Body Pump	8.30 - 9.15 (S1) Prime Movers	9.00 - 9.45 (S3) Group Cycle		
9.15 - 10.00 (S2) Prime Movers	9.00 - 9.25 (S1) Body Pump Express	8.45 - 9.30 (S2) Pound	9.25 - 10.25 (S1) Body Combat	9.15 - 10.15 (S2) Yogalates	9.00 - 9.45 (S3) Group Cycle	9.00 - 9.55 (S1) Body Balance
9.30-10.10 (Pool) Aqua Fit	9.30 - 10.15 (Pool) Aqua Fit	9.30 - 10.15 (Pool) Aqua Fit	9.25 - 10.25 (S2) Pilates	9.45 - 10.30 (S3) Group Cycle	9.15 - 10.15 (S1) Body Pump	9.15 - 10.00 (S3) Group Cycle
9.30 - 10.25 (S1) Aerotone	9.30 - 10.25 (S1) Body Combat	9.30 - 10.25 (S1) Body Pump	10.30 - 11.25 (S1) Body Balance	9.50 - 10.30 (S1) Circuits		
9.45 - 10.30 (S3) Group Cycle	9.30 - 10.25 (S2) Fitness Pilates	9.30 - 10.25 (S2) Yoga	10.30 - 11.15 (S2) Body Conditioning	10.30 - 11.00 (S3) Group Cycle	9.45 - 10.30 (S3) Group Cycle	10.00 - 11.00 (S1) Body Pump
10.15 - 11.00 (Pool) Aqua Fit	9.45 - 10.30 (S3) Group Cycle	9.45 - 10.30 (S3) Group Cycle	10.30 - 11.15 (S3) Group Cycle	10.30 - 11.00 (S3) Group Cycle		
10.30-11.15 (S3) Group Cycle	10.30 - 11.15 (S1) Les Mills Barre	10.30 - 11.15 (S3) Group Cycle	11.00 - 11.45 (Pool) Aqua	10.30 - 11.15 (Pool) Aqua Fit		
10.30 - 11.25 (S2) Pilates	10.30 - 11.15 (S3) RPM	10.40 - 11.25 (S1) Zumba	11.15 - 12.00 (S2) Zumba	10.30 - 11.25 (S1) Body Pump	10.15 - 11.00 (S1) Body Combat	12.00 - 13.00 (Outside) Family Golf
10.30 - 11.25 (S1) Body Conditioning	10.30 - 11.25 (S2) Body Balance	10.45 - 11.40 (S2) Prime Movers	11.30 - 12.30 (S1) Fit Drum	11.30 - 11.30 (S1) Body Balance		
11.30 - 12.25 (S2) Body Balance	11.30 - 12.15 (S1) Body Pump	11.45 - 12.45 (S1) Pilates	12.30 - 13.10 (S1) Zumba Gold	12.40 - 13.40 (S1) Pilates	11.00 - 12.00 (S1) Pilates	
11.40 - 12.40 (S1) Yoga & Meditation	11.30 - 12.15 (S1) Les Mills Barre	14.30 - 15.30 (S1) Vini Yoga	12.30 - 13.30 (S1) Yoga & Meditation			
13.30 - 14.25 (S1) Pilates	12.35 - 13.25 (S1) Yoga		13.30 - 14.15 (Pool) Aqua Fit			
18.15 - 19.10 (S1) Body Combat	18.00 - 18.45 (S2) Pilates	17.30-18.10 (S3) Group Cycle	18.15 - 19.10 (S1) Body Pump	18.00 - 19.00 (S2) Yogalates	<p>*Members must book a 15 minute studio technique session for Group Cycle & body pump before attending their first class. This session can be booked in the Gym at a time suitable for you.</p> <p>Bookings can be made up to seven 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.</p> <p>Book online at: www.lichfieldgolfandcountryclub.com</p> <p>Outdoor Classes - please wear appropriate attire to suit weather conditions.</p> 	
18.15 - 19.00 (S3) Group Cycle	18.00 - 18.55 (S1) Zumba	18.00 - 18.30 (S2) Les Mills Barre	18.15 - 19.00 (S3) Group Cycle	18.15 - 19.00 (S3) Group Cycle		
18.30 - 19.25 (S2) Pilates	18.15 - 19.00 (S3) Group Cycle	18.15 - 19.00 (S1) Circuits	19.00 - 20.00 (S2) Pilates			
19.15 - 20.15 (S1) Body Pump	19.00 - 19.45 (S3) Group Cycle	18.30 - 19.25 (S2) Body Balance		19.00 - 19.30 (S1) Metafit		
19.30 - 20.30 (S2) Yoga & Relaxation	19.00 - 19.45 (S2) Core Stability	19.00 - 19.40 (S3) Group Cycle	19.00 - 19.45 (S3) Group Cycle			
19.45 - 20.30 (Pool) Aqua Fit	19.00 - 19.45 (S1) Metafit & Abs	19.00 - 19.45 (S1) Les Mills Barre	19.00 - 19.45 (S3) Group Cycle			
		19.00 - 19.45 (Pool) Aqua Fit	19.15 - 20.15 (S1) Body Combat			
		19.30 - 20.25 (S1) Yoga				

Lichfield Class Descriptions		DURATION	EXERCISE TYPE	BURN RATE	EQUIPMENT	MUSIC	RESULTS
	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 you workout
	AEROTONE	55mins	cardio & conditioning	up to 500 kcals	weights	upbeat & motivating tunes	improves cardio fitness, muscle strength & coordination
	BODY COMBAT	55mins	martial arts inspired cardio	up to 735 kcals	none	the latest fun & funky tunes	improves strength & endurance, balance & cardio fitness
	META FIT	30mins	high intensity interval training	up to 400 kcals	none	none	improves cardio fitness, muscle strength & coordination
	PILATES	55mins	holistic	up to 350 kcals	mat	relaxing & calming music	improves core strength, mobility & flexibility
	YOGA	60/75mins	variety of yoga styles	up to 300 kcals	yoga mat	relaxing & calming music	increases core strength
	BODY BALANCE	55mins	inspired by yoga, tai chi & pilates	up to 390 kcals	yoga mat optional	soulful, calming & inspiring	improves flexibility, mobility, muscle tone & enhances well being
	MEDITATION	30/55mins	holistic	up to 100 kcals	mat	none	benefits the mind & body
	CORE STABILITY	45mins	conditioning	up to 250 kcals	mat	motivating tunes	improves core strength
	BODY PUMP	45/55min	weight based resistant training	up to 560 kcals	barbell, plate, & height adjustable step	latest hard hitting & inspiring tunes	improves strength & endurance & helps shape & tone
	BODY CONDITIONING	55mins	conditioning	up to 500 kcals	hand weights, steps & mat	motivating tunes	improves strength & endurance, helps shape & tone
	FUNCTIONAL CIRCUITS	55mins	cardio & conditioning	up to 600 kcals	weights & step	upbeat tunes	improves strength & endurance, balance & cardio fitness
	HIIT	45mins	high intensity interval training	up to 450 kcals	mat, steps & boxing gloves	high energy, inspirational and motivating	improves strength, increases lean muscle & burns calories after you workout
	PRIME MOVERS	55mins	low impact cardio & strength	up to 350 kcals	resistance tubes, exercise balls & mats	upbeat	improves mobility, cardio fitness & muscle tone
	GROUP CYCLE	45mins	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
	RPM	45mins	cardio group cycling	up to 600 kcals	indoor stationary exercise bike	inspirational music	improves cardio fitness, muscle strength & endurance
	ZUMBA/ZUMBA GOLD	55mins	dance inspired cardio	up to 450 kcals	none	latin inspired fitness party	improves coordination, cardio fitness & tones the body
	POUND	45mins	cardio & holistic	up to 450 kcals	fixstick	jamming music	improves cardio fitness, core strength & rhythm
	FIT DRUM	45/55min	dance inspired cardio	up to 400 kcals	none	favourite upbeat tunes	improves cardio fitness, coordination, brain activity & spatial awareness
	AQUA	45mins	water based cardio & conditioning	up to 400 kcals	woggles	upbeat & motivating tunes	improves coordination, cardio fitness & tones the body
	LES MILLS barre	*NEW* LES MILLS BARRE is a ballet-inspired class that uses bodyweight exercises and light hand weights, to strengthen, sculpt and tone the entire body. Without using an actual bar, classes are set to modern music, and sees members undertaking small, focused movements through to graceful combinations designed to elevate heart rates and sculpt bodies.					