

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.35 - 7.20 (S2) Group Cycle	6.35 - 7.20 (S1) HIIT	6.35 - 7.20 (S1) Body Pump	6.35 - 7.05 (S1) GRIT	6.35 - 7.20 (S1) Body Pump	8.00 - 8.45 (S2) Group Cycle	8.00 - 9.00 (S1) Hatha Yoga
6.35 - 7.35 (S3) Hatha Yoga	6.35 - 7.20 (S2) Group Cycle	7.40-8.25 (S1) Stretch	6.35 - 7.20 (S2) Group Cycle	6.35 - 7.20 (S2) Group Cycle	8.10 - 9.10 (S1) Step	9.00 - 9.45 (S2) Group Cycle
8.30 - 9.25 (S1) Body Balance	6.35 - 7.35 (S3) Pilates	8.30-9.25 (S1) Stability Ball	6.35 - 7.30 (S3) Hatha Yoga	8.15 - 9.15 (S1) Pilates	9.00 - 9.30 (Gym) Fast Fit	9.00 - 9.30 (Gym Floor) Fast Fit
9.30 - 10.00 (Gym Floor) Fast Fit	8.30 - 9.25 (S1) Hatha Yoga	9.30 - 10.00 (Gym Floor) Abs Blast	8.30 - 9.25 (S1) Pilates	9.15 - 10.00 (S2) Group Cycle	9.15 - 10.00 (S2) Group Cycle	9.05 - 10.05 (S1) Barre Conditioning
9.30 - 10.15 (S1) Body Pump	9.15 - 10.15 Nordic Walking	9.30 - 10.15 (S1) Body Combat	9.15 - 10.15 Nordic Walking	9.30 - 10.00 (Gym Floor) Fast Fit	9.15-10.15 (S1) Body Pump	10.00 - 10.45 (S2) Group Cycle
9.30 - 10.15 (S2) Group Cycle	9.30 - 10.00 (Gym) Abs Blast	9.30 - 10.15 (S2) Group Cycle	9.30 - 10.00 (Gym) Abs Blast	9.30 - 10.15 (S1) Body Blitz	9.15-10.15 (S1) Body Pump	10.10 - 11.05 (S1) Body Pump
10.20 - 11.05 (S1) Step	9.30 - 10.15 (S1) Step'n'Tone	10.15- 11.00 (Pool) Aqua	9.30 - 10.15 (S1) Body Pump	10.20 - 11.05 (S1) Freestyle Fitness	10.20-11.20 (S1) HIIT	11.10 - 11.55 (S1) Boxercise
10.15 - 11.00 (Pool) Aqua	9.30 - 10.15 (S2) Group Cycle	10.20-11.20 (S1) Body Pump	9.30 - 10.15 (S2) Group Cycle	10.15 - 11.00 (Pool) Aqua Zumba	11.25 - 12.25 (S1) Body Balance	12.00 - 12.30 (Gym) Abs Blast
11.10 - 11.55 (S1) Pilates Conditioning	10.20-11.05 (S1) Core Conditioning	10.30 - 11.30 Bootcamp	10.15 - 11.00 (Pool) Aqua	10.15 - 11.00 (S2) Group Cycle	12.30-13.30 (S1) Hatha Yoga	12.00 - 12.55 (S1) Pilates
12.00 - 12.45 (S1) Stretch & Relax	11.10-11.55 (S1) Barre Conditioning	11.25 - 11.55 (S1) GRIT	10.20-11.05 (S1) Body Balance	11.10 - 11.55 (S1) Body Pump	13.00 - 13.30 (Gym) Fast Fit	13.00 - 14.00 (S1) Hatha Yoga
12.50 - 13.50 (S1) Pilates	12.00-12.45 (S1) Body Balance	12.00-12.45 (S1) Body Balance	11.10-11.55 (S1) LBT	11.30 - 12.30 (Pool) Swim Fit TERM TIME ONLY		
13.50 - 14.35 (S2) Beginners Group Cycle	12.50-13.50 (S1) Pilates	12.30 - 13.30 (Pool) Swim Fit TERM TIME ONLY	12.00 - 12.45 (S2) Group Cycle	12.00-12.45 (S1) Body Balance		
13.55 - 14.55 (S1) Zumba	13.55-14.40 (S1) Stretch & Relax	12.50 - 13.50 (S1) Hatha Yoga	12.00-12.45 (S1) Zumba	12.50-13.50 (S1) Pilates		
15.00 - 16.00 (S1) Pilates	14.45-15.45 (S1) Pilates	13.55 - 14.55 (S1) Pilates	12.50-13.50 (S1) Vinyasa Yoga Flow	13.55-14.55 (S1) Vinyasa Yoga Flow		
16.05-17.00 (S1) Tai Chi	14.45-15.30 (Pool) Aqua	15.00 - 15.55 (S1) Pilates	13.55-14.55 (S1) Pilates	15.00-16.00 (S1) Pilates		
	16.00-16.45 (S1) Fitsteps	16.00 - 16.45 (S1) Fitsteps	15.00-15.45 (Pool) Aqua			
18.00 - 19.00 Bootcamp	17.10-18.10 (S1) Pilates	17.10 - 18.10 (S1) Hatha Yoga	18.30-19.25 (S1) Body Pump	17.15 - 17.55 (S1) Step		
18.30 - 19.15 (S2) Group Cycle	18.15-19.15 (S1) Body Combat	18.15 - 19.00 (S1) Conditioning Circuit	19.00 - 20.00 (S3) Pilates	18.00 - 18.55 (S1) Body Pump		
18.30 - 19.20 (S1) Body Pump	18.30-19.25 (S3) Hatha Yoga	18.30 - 19.15 (Pool) Aqua	19.30 - 20.15 (S2) Group Cycle	19.00-19.45 (S1) Stretch & Relax		
18.30 - 19.15 (Pool) Aqua	18.30 - 19.15 (S2) Group Cycle	18.30 - 19.25 (S3) Pilates	19.30-20.25 (S1) Body Combat			
18.30 - 19.25 (S3) Hatha Yoga	18.30 - 19.30 (Pool) Swim Fit	19.05- 20.05 (S1) Body Pump	20.30-21.30 (S1) Hatha Yoga			
19.25 - 20.25 (S1) Boxercise	19.20-19.50 (S1) GRIT	19.30 - 20.15 (S2) Group Cycle				
19.30 - 20.30 (S3) Body Balance	19.30-20.25 (S3) Stretch & Relax	19.30 - 20.30 (S3) Hatha Yoga				
20.30 - 21.30 (S1) Vinyasa Yoga	19.55-20.55 (S1) Body Pump	20.10-21.10 (S1) Body Balance				
20.35 - 21.35 (S3) Pilates		20.35 - 21.35 (S3) Pilates				

*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.

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.

Book online at:

www.theclubatmapledurham.com

 Outdoor Classes - please wear appropriate attire to suit weather conditions

Mapledurham Class Descriptions	DURATION	EXERCISE TYPE	BURN RATE	EQUIPMENT	MUSIC	RESULTS	
	BODY COMBAT	45 mins	martial arts inspired cardio	up to 735 kcals	none	the latest hard hitting tunes	improves strength & endurance, balance & cardio fitness
	BODY BLITZ	45 mins	high & low intensity cardio & resistant workout	up to 500 kcals	weights & step	motivational tunes	improves coordination, cardio fitness & tones the body
	FREESTYLE FITNESS	55 mins	conditioning to music, light weight or no weights for toning	up to 500 kcals	weights	upbeat & motivating tunes to tone the body	improves coordination, cardio fitness & tones the body
	BODY BALANCE	45/55 mins	inspired by yoga, tai chi & pilates	up to 390 kcals	yoga mat optional	soulful, calming & inspiring	improves flexibility, mobility, muscle tone & enhances well being
	PILATES	55 mins	holistic	up to 350 kcals	mat	relaxing & calming music	increases core strength, mobility & flexibility
	STRETCH & RELAX	45 mins	flexibility, mobility & strength	up to 200 kcals	mat	relaxing & calming music	improves flexibility & mobility
	TAI CHI	45 mins	martial arts inspired holistic	up to 200 kcals	mat	none	Tai chi, combines deep breathing and relaxation with flowing movements.
	VINYASA YOGA	55/60 mins	variety of yoga styles	up to 300 kcals	yoga mat	relaxing & calming music	A flowing and dynamic practice that links movement, breath and co-ordination
	HATHA YOGA	55/60 mins	variety of yoga styles	up to 300 kcals	yoga mat	relaxing & calming music	Improves balance and flexibility, relaxes the body and calms the mind
	PILATES ON THE BALL	55 mins	flexibility, mobility & strength	up to 390 kcals	mat & stability ball	relaxing & calming music	improves stomach & back muscle strength
	ABS BLAST	30 mins	conditioning	up to 150 kcals	functional kit	upbeat & motivating	improves core stability and strength
	BODY PUMP	45/55 mins	weight based resistant training	up to 560 kcals	barbell, plate, & height adjustable step	latest hard hitting & inspiring tunes	improves strength & endurance, helps shape & tone, helps maintain bone health
	BOXERCISE	45 mins	cardio & conditioning	up to 500 kcals	gloves & pads	highly motivating tunes	improves coordination, cardio fitness & tones the body
	CONDITIONING CIRCUIT	45 mins	conditioning	up to 600 kcals	weights & step	motivational tunes	improves strength & endurance, balance & cardio fitness
	FAST FIT	30/45 mins	small group functional training	up to 500 kcals	functional kit	upbeat & motivating	improves cardio fitness, muscle strength & coordination
	HIIT	45 mins	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 your workout
	GROUP CYCLE	45 mins	cardio group cycling	up to 600 kcals	indoor stationary exercise bike	motivational tunes that take you on a cycle experience	improves cardio fitness, muscle strength & endurance
	ZUMBA	45/55 mins	dance inspired cardio	up to 450 kcals	none	latin inspired fitness party	improves coordination, cardio fitness & tones the body
	BARRE CONDITIONING	45 mins	ballet dance & holistic inspired workout	up to 300 kcals	ballet barre	upbeat & motivational	tone & strengthen the whole body with a fusion of Barre & Core exercises
	FITSTEPS	45 mins	Latin and ballroom dance inspired cardio	up to 450 kcals	none	Created by Ian Waite & Natalie Lowe inspired by the BBC show Strictly Come Dancing	improves coordination, cardio fitness & tones the body
	NORDIC WALKING	60 mins	outside group cardio workout	up to 650 kcals	poles & outdoor wear	none	improves heart & lung fitness, tones the upper & lower body, reduces pressure on the knees & joints
	BOOTCAMP	60 mins	high intensity circuit training	up to 600 kcals	functional kit	upbeat & motivating	improves core strength, heart and lung fitness, balance, stability
	AQUA/ AQUA ZUMBA	45 mins	water based cardio & conditioning	up to 400 kcals	woggles	upbeat & motivating tunes	improves coordination, cardio fitness & tones the body
	SWIM FIT	45 mins	small group stamina/strength training	up to 300 kcals	paddle gloves	none	advanced training for masters and triathletes who can swim 1,000+ metres, improves stamina and technique
	LES MILLS GRIT SERIES	30 mins	high intensity interval training	up to 400 kcals	weights & step	new music	improves strength, increases lean muscle & burns calories after your workout