

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.30 - 10.15 (S1) Body Pump Express	7.00 - 8.00 (S1) Iyengar Yoga	7.30 - 8.30 (S1) Pilates Conditioning		9.00 - 10.25 (S2) Ashtanga Yoga	9.00 - 9.40 (S1) Circuits	
9.30 - 10.15 (S2) Group Cycle	9.25 - 10.10 (S1) Dance Fusion	9.15 - 10.00 (S2) Group Cycle	9.15 - 10.10 (S1) Hi-Low Aerobics	9.30 - 10.25 (S1) Body Pump	9.45 - 10.45 (S1) Body Combat	9.00 - 10.00 (S1) Body Pump
10.20 - 11.20 (S1) Body Balance	9.30 - 10.30 (S2) Golf Yoga	9.30 - 10.15 (S1) Sh'Bam	10.15 - 11.10 (S1) Pilates Conditioning	10.30 - 11.25 (S1) LBT	10.00 - 10.45 (S2) Group Cycle	10.15 - 11.30 (S1) Ashtanga Vinyasa Flow
11.20 - 12.15 (S1) Pilates	10.15 - 11.10 (S1) Body Pump	10.20 - 11.50 (S1) Iyengar Yoga	11.00 - 12.00 (Pool) Aqua	10.45 - 11.45 (S2) Pilates	10.50 - 12.20 (S1) Iyengar Yoga	
12.15 - 13.00 (S1) Pilates	11.10 - 12.10 (Pool) Aqua	11.00 - 12.00 (S2) Pilates	11.15 - 12.45 (S1) Hatha Yoga	11.30 - 12.30 (S1) Body Balance	12.00 - 18.00 (Pool) Children's Swimming Lessons	
12.30 - 13.30 (Pool) Aqua	11.15 - 12.00 (S1) Body Combat	12.00 - 12.45 (S1) LBT		12.30 - 13.15 (Pool) Aqua Circuits	15.00 - 18.00 (Pool) Family Swim	
13.00 - 14.30 (S1) Iyengar Yoga	12.00 - 13.00 (S1) Hotspot	12.45 - 13.30 (S1) Mind & Body		12.30 - 13.30 (S1) Hotspot	17.00 - 18.00 Body Balance	15.00 - 18.00 (Pool) Family Swim
	13.15 - 14.15 (S1) Tai Chi	13.30 - 14.30 (S1) Pilates	13.00 - 14.00 (S1) Pilates	13.30 - 14.30 (S1) Iyengar Yoga		
17.30 - 18.00 (S1) Core HIIT		17.40 - 18.10 (S1) Metafit	17.30 - 17.55 (S1) Metafit	17.30 - 18.30 (S1) Body Pump	<p>Please book a 15 minute technique session for Group Cycle & Body Pump before attending your first class. This can be booked in the Gym at your convenience.</p> <p>Class bookings are essential and 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 via the club reception.</p> <p>Book online at: www.theclubatmeyrickpark.com</p>	
18.00 - 18.45 (S2) Group Cycle	18.00 - 18.45 (S1) Thai Boxing	18.00 - 19.00 (S2) Pilates	18.00 - 19.00 (S1) Ashtanga Vinyasa Flow	18.00 - 18.45 (S2) Group Cycle		
18.00 - 19.00 (S1) Body Pump	18.30 - 19.15 (S2) Group Cycle	18.10 - 19.10 (S1) Body Pump	18.15 - 19.00 (S2) Group Cycle	18.30 - 19.30 (S1) Pilates		
19.00 - 19.45 (S1) Body Combat	19.00 - 20.00 (S1) Body Balance	19.15 - 20.00 (S1) Functional Pilates	19.00 - 19.45 (S1) Sh'Bam			
20.00 - 21.15 (S1) Iyengar Yoga		19.15 - 20.30 (S2) Hatha Yoga	19.45 - 20.45 (S1) Pilates			

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.

Meyrick Park Class Descriptions	DURATION	EXERCISE TYPE	BURN RATE	EQUIPMENT	MUSIC	RESULTS	
	LEGS BUMS & TUMS	45mins	conditioning	up to 500 kcals	dumbbells, bodyweight, mat	upbeat & motivating tunes to dance and tone the body	improves coordination, cardio fitness & tones the body
	HI LOW AEROBICS	55mins	cardio & conditioning	up to 500 kcals	weights	upbeat & motivating tunes	improves cardio fitness, muscle strength & coordination
	BODY COMBAT	45/60mins	martial arts inspired cardio	up to 550 kcals	none	the latest fun & funky tunes	improves strength & endurance, balance & cardio fitness
	METAFIT	30mins	high intensity interval training	up to 400 kcals	none	upbeat and dynamic tunes to help motivate you	improves cardio fitness, muscle strength & coordination
	PILATES	55mins	holistic	up to 350 kcals	mat/band	relaxing & calming music	improves core strength, mobility & flexibility
	YOGA	60/90mins	variety of yoga styles	up to 300 kcals	mat/band/block	relaxing & calming music	increases core strength, improves joint flexibility & range of motion, enhances well being
	TAI CHI	55mins	martial arts inspired holistic	up to 200 kcals	mat	none	improves balance & mobility
	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
	MIND & BODY	45mins	low intensity aerobic & conditioning	up to 250 kcals	hand weights & mat	a mix of old & new tunes	improves joint mobility and tones all over, increases heart and lung fitness
	BODY PUMP	45/55mins	resistance 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
	CIRCUITS	40mins	cardio & conditioning	up to 600 kcals	weights & step	upbeat tunes	improves strength & endurance, balance & cardio fitness
	CORE HIIT	30mins	conditioning	up to 150 kcals	mat	upbeat & motivating	improves core stability and conditions abs
	THAI BOXING	45mins	cardio & conditioning	up to 650 kcals	box gloves, mitts & mat	highly motivating tunes	increases heart & lung fitness, increases core, upper & lower body strength
	GROUP CYCLE	30/45mins	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
	SH'BAM	45mins	moderate intensity dance inspired cardio	up to 450 kcals	none	chart topping popular hits	improves cardio fitness, muscle strength & coordination
	DANCE FUSION	45mins	low impact cardio	up to 350 kcals	none	dance music of all styles	improves cardio fitness, coordination, & gives you the feel of being in a dance group
	AQUA	45/60mins	water based cardio & conditioning	up to 400 kcals	woggles	upbeat & motivating tunes	improves coordination, cardio fitness & tones the body
	HOTSPOTS	A fantastic opportunity to try new classes. These classes can be removed at anytime. Please check the booking system for class availability.					