























Times	Studio	6.30 +	8.30 - 9.25	9.30 - 10.25	10.30 - 11.25	11.30 - 12.25	12.30 - 13.25	13.30 - 14.25	14.30+	17.30 - 18.25	18.30 - 19.25	19.30 - 20.25	20.30 - 21.30
MON	1	Pilates 7.15 - 8.00	Total Body Workout	Step	Body Pump	Body Attack		Aero Tone	Condition & Stretch 14.30 - 15.25	Pilates	Boxing Circuits	Zumba 19.30 - 20.15	Body Pump
	2		Barre Pilates 8.15 - 9.15	Yoga	Barre Pilates 10.40 - 11.25	Yoga	Pilates	Yogalates	Yoga & Meditation 14.30 - 16.00		Yoga	Pilates 19.35 - 20.25	
	3	Group Cycle 6.45 - 7.30		Group Cycle 9.30 - 10.15	Group Cycle			Group Cycle 13.30 - 14.15			Group Cycle		
	Pool/Gym Other		Run Club 9.15 - 10.15		Aqua 10.30 - 11.15	HIIT 11.30 - 12.00	Aqua 12.15 - 13.00				Aqua 18.30 - 19.15		
TUES	1	Boot Camp 6.45 - 7.30	Pilates 7.30 - 8.15	Body Pump 8.40 - 9.25	Aero Tone	Aerobics	LBT	Zumba Gold	Body Balance	Stretch 14.30 - 15.15		Body Pump	Body Attack
	2		Pilates	Pilates	Yoga	Flexibar	Golf Pilates 12.30 - 13.15				Pilates	Yoga	
	3	Group Cycle 6.40 - 7.25	Group Cycle 8.30 - 9.15	Group Cycle	Group Cycle 10.30 - 11.15						Group Cycle 19.00 - 19.55		
	Pool/Gym			Aqua 9.30 - 10.15	Aqua 10.30 - 11.15		HIIT (Gym) 12.30 - 13.00						
WEDS	1		Body Attack 8.40 - 9.25	Kettlecise	Body Pump	Body Combat	Kettlecise	Yoga & Meditation 13.50 - 15.05		Body Balance 18.00 - 18.55	Body Pump 19.00 - 19.45	Cardio Circuits 19.45 - 20.30	
	2			Pilates	Abs Attack 10.30 - 11.00	Barre Pilates	Yoga & Meditation 12.30 - 13.45	Pilates 14.05 - 15.00		Yoga 18.00 - 19.25		Pilates	
	3	Group Cycle 6.40 - 7.25	Group Cycle 8.30 - 9.15	Group Cycle 9.30 - 10.15	Group Cycle						Group Cycle 18.30 - 19.25		
	Pool/Gym Other		Boot Camp 9.30 - 10.25	Aqua 9.30 - 10.15	Aqua Circuits				Stretch 14.30 - 15.00		Aqua 18.30 - 19.15		
THUR	1	Pilates 7.30 - 8.15	Step	Body Conditioning	Total Body Workout	Body Pump		Aero Tone	Tai Chi 14.30 - 16.00	Body Combat 18.00 - 18.45	Total Body Workout 18.45 - 19.25	Body Pump 19.30 - 20.25	
	2			Pilates	PiYo	Ball Pilates	Yoga 12.30 - 13.25				Pilates 18.30 - 19.15	Body Balance 19.30 - 20.25	Yoga 20.30 - 21.25
	3	Group Cycle 8.00 - 8.30		Group Cycle	Group Cycle						Group Cycle 18.30 - 19.15		
	Pool/Gym Other	HIIT 8.40 - 9.10	New to Running 9.30 - 10.15	Aqua 9.30 - 10.15	Aqua 10.45 - 11.30						Abs Attack (Gym) 19.00 - 19.30		
FRI	1	Circuits 6.45 - 7.45	Abs Attack 8.30 - 8.55	Aerobics 9.00 - 9.45	Zumba 9.50 - 10.25	Circuits	Body Balance	Kettlecise	Pilates		Yoga 18.15 - 19.15		
	2	Swiss Ball 8.00 - 8.30			Roller Pilates 9.15 - 10.00	Body Balance	Booty Barre	Pilates	Yoga				
	3	Group Cycle 8.00 - 8.45	Group Cycle 9.00 - 9.55			Group Cycle					Group Cycle 18.30 - 19.15		
	Pool/Gym			Aqua 9.30 - 10.15	Aqua Circuits 10.30 - 11.15					Arms Blast (Gym) 18.00 - 18.30			
SAT	1		Pilates 9.00 - 9.55	Boxing Circuits 10.00 - 10.55	Body Pump 11.00 - 11.55								
	2			Body Balance	Fitness Yoga 11.00 - 11.55								
	3		Group Cycle 9.00 - 9.55	Group Cycle 10.00 - 10.45									
	Pool/Gym												
SUN	1			Body Combat	Body Pump	Yoga & Meditation 11.30 - 13.00			Yogalates 17.00 - 17.55	Pilates 18.00 - 18.55			
	2				Core Conditioning								
	3			Group Cycle 9.30 - 10.15	Group Cycle								
	Pool/Gym			Ski Fit (Gym) 9.30 - 10.00									

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.

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

Book online at: www.nizelsgolfandcountryclub.com
 Download the Web app:
<http://studio.theclubcompany.com/iphone>

Nizels Class Descriptions		DURATION	EXERCISE TYPE	BURN RATE	EQUIPMENT	MUSIC	RESULTS
	STEP	55mins	step based cardio	up to 600 kcals	height adjustable step	upbeat & motivating tunes	improves coordination, cardio fitness & tones the body
	BODY ATTACK	45/55mins	sports-inspired cardio	up to 735 kcals	none	the latest fun & hard hitting tunes	improves agility, coordination, strength endurance & cardio fitness
	BODY COMBAT	55mins	martial arts inspired cardio	up to 735 kcals	none	the latest hard hitting tunes	improves strength & endurance, balance & cardio fitness
	TOTAL BODY WORKOUT	55mins	cardio & conditioning	up to 500 kcals	weights	upbeat & motivating tunes	improves cardio fitness, muscle strength & coordination
	SWISS BALL	55mins	flexibility, mobility & strength	up to 390 kcals	mat & stability ball	relaxing & calming music	improves stomach & back muscle strength
	TAI CHI	55mins	martial arts inspired holistic	up to 200 kcals	mat	relaxing & calming music	improves balance & mobility
	YOGA	60/90mins	variety of yoga styles	up to 300 kcals	yoga mat	relaxing & calming music	increases core strength
	PILATES	55mins	holistic	up to 350 kcals	mat	relaxing & calming music	improves core strength, mobility & flexibility
	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
	BALL PILATES	55mins	holistic	up to 390 kcals	mat	relaxing & calming music	improves stomach & back muscle strength
	BODY PUMP	55mins	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
	KETTLECISE	55mins	conditioning	up to 550 kcals	kettlebells & mat	upbeat tunes	improves upper & lower body strength & cardio fitness
	BODY CONDITIONING	55mins	conditioning	up to 500 kcals	hand weights, steps & mat	motivating tunes	improves muscle strength & cardio fitness
	CARDIO CIRCUITS	55mins	cardio	up to 600 kcals	none	upbeat	improves coordination, strength & cardio fitness
	CONDITION & STRETCH	55mins	low impact cardio & strength	up to 300 kcals	exercise balls, resistance tubes & mats	upbeat	low-impact, whole body workout improves cardio fitness, improves core strength
	AERO TONE	55mins	low impact cardio & strength	up to 350 kcals	hand weights & mat	a mix of old and new tunes	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
	ZUMBA	45mins	dance inspired cardio	up to 450 kcals	none	latin inspired fitness party	improves coordination, cardio fitness & tones the body
	ZUMBA GOLD	45mins	dance/strenght Low Impact dance inspired cardio	average 300 kcals	none	zesty latin music	increase heart & lung fitness, improves muscle tone & coordination, increases energy
	RUN CLUB	45/60mins	outside group cardio workout	up to 700 kcals	outsidewear	none	improves endurance improves heart & lung fitness
	PiYo	60mins	dynamic infusion of pilates & yoga	up to 450 kcals	none	upbeat music with varying tempo's	improves muscle tone & flexibility
	AQUA	45mins	water based cardio & conditioning	up to 400 kcals	woggles	upbeat & motivating tunes	improves coordination, cardio fitness & tones the body