

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|---|---|--|
| 6.45 - 7.30 (S2) Group Cycle | 8.30 - 9.30 (S3) Yin Yoga | 9.30 - 10.15 (S1) Les Mills Tone | 9.30 - 10.25 (S1) 20/20/20 | 7.15 - 8.00 (S3) Group Cycle | 8.30 - 9.15 (S2) Group Cycle | |
| 9.30 - 10.15 (S1) Retro Aerobics | 9.30 - 10.15 (S2) Group Cycle | 9.30 - 10.15 (S2) 80's Party Group Cycle | 9.30 - 10.25 (S2) Group Cycle | 9.30 - 10.00 (S1) Les Mills Barre | 9.30 - 10.25 (S2) Group Cycle | 9.30 - 10.25 (S1) Boot Camp |
| 9.30 - 10.25 (S2) Group Cycle | 9.30 - 10.15 (S1) Body Combat | 10.30 - 11.15 (S1) Sh'bam | 10.30 - 11.00 (Gym) Kettlebell Circuit | 9.40 - 10.25 (S2) Group Cycle | 9.30 - 10.25 (S1) Body Combat | 9.30 - 10.25 (S3) Body Balance |
| 10.30 - 11.25 (S1) Body Pump | 10.30 - 11.15 (Pool) Aqua | 10.15 - 11.30 (S3) Vinyasa Yoga | 10.30 - 11.00 (S1) Body Pump Express | 10.30 - 11.15 (S3) Pilates | 10.00 - 10.30 (Gym) Boot Camp | 10.30 - 11.00 (S1) Les Mills Barre |
| 10.30 - 11.15 (Pool) Aqua | 10.30 - 11.00 (Gym) Kinesis Circuit | 11.30 - 12.15 (S3) Pilates | 10.30 - 11.25 (S3) Pilates | 10.30 - 11.15 (Pool) Aqua | 10.30 - 11.45 (S3) Hatha Flow Yoga | 10.30 - 11.15 (S2) Group Cycle |
| 10.45 - 11.30 (S3) Pilates | 10.30 - 11.25 (S3) Pilates | | 11.15 - 12.15 (S1) Hatton Boxing | 10.15 - 11.00 (S1) Sh'bam | 10.35 - 11.20 (S1) Body Pump | |
| 11.30 - 12.30 (S3) Body Balance | 10.30 - 11.15 (S1) Circuits | | 11.30 - 12.45 (S3) Yoga | 11.15 - 12.15 (S3) Beginners Yoga | 11.30 - 12.15 (S1) Sh'bam | |
| 12.45 - 14.00 (S3) Hatha Flow Yoga | 15.15 - 16.30 (S3) Beginners Tai Chi | | 13.45 - 14.30 (Pool) Aqua | | | |
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| | 18.00 - 18.30 (Gym) Kettlebell Circuit | 18.00 - 18.30 (Gym) Boot Camp | 17.30 - 18.25 (S3) Pilates | 17.30 - 18.00 (Gym) HIIT | <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.theessexgolfandcountryclub.com</p> <p>● Outdoor Classes - please wear appropriate attire to suit weather conditions</p> | |
| 18.40 - 19.35 (S2) Group Cycle | 18.30 - 19.15 (S1) Les Mills Tone | 18.30 - 19.30 (S1) Hatton Boxing | 18.30 - 19.15 (S1) Les Mills Barre | 18.15 - 19.30 (S3) Hatha Yoga | | |
| 19.00 - 19.30 (S1) HIIT | 18.30 - 19.15 (S2) Group Cycle | 18.55 - 19.25 (S2) Express Group Cycle | 18.45 - 19.15 (S2) EXPRESS Group Cycle | | | |
| 19.30 - 20.45 (S3) Yin Yoga | 19.30 - 20.15 (S1) Zumba | 19.30 - 20.30 (S3) Pilates | 19.20 - 20.05 (S1) Body Combat | | | |
| 19.40 - 20.25 (S1) Body Pump | 19.15 - 20.15 (S3) Body Balance | 19.35 - 20.30 (S1) Body Pump | 19.20 - 20.20 (S3) Body Balance | | | |
| | | | 20.10 - 20.40 (S1) Body Pump Express | | | |

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.

| The Essex Class Descriptions | DURATION | EXERCISE TYPE | BURN RATE | EQUIPMENT | MUSIC | RESULTS | |
|--|---------------------------|---------------|---|------------------------|--|--|--|
|  | BODY COMBAT | 55mins | martial arts inspired cardio | up to 735 kcals | none | the latest hard hitting tunes | improves strength & endurance, balance & cardio fitness |
|  | LES MILLS TONE | 45mins | strength, cardio & core | up to 420 kcals | mat, weight plates and resistance tubes | upbeat & motivating tunes | improves coordination, cardio fitness & tones the body |
|  | LES MILLS BARRE | 30mins | combination of cardio and strength with high reps of small range-of-motion movements and very light weights | up to 250 kcals | plates | modern music | is a modern version of classic balletic training, designed to shape and tone postural muscles, build core strength |
|  | 20/20/20 | 55mins | a balanced mix of aerobics, step & combat | up to 500 kcals | none | upbeat & motivating | increase heart & lung fitness improves muscle tone & coordination increases energy |
|  | 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 |
|  | PILATES | 45/55mins | holistic | up to 350 kcals | mat | upbeat tunes | improves core strength, mobility & flexibility |
|  | YOGA | 60/75mins | variety of yoga styles | up to 300 kcals | yoga mat | relaxing & calming music | increases core strength |
|  | KINESIS CIRCUIT | 30mins | functional conditioning | up to 250 kcals | Kinesis wall | none | improves balance and increases core strength |
|  | HIIT | 45mins | high intensity interval training | up to 450 kcals | mat | high energy, inspirational and motivating | improves strength, increases lean muscle & burns calories after your workout |
|  | 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 |
|  | KETTLEBELL CIRCUIT | 30mins | conditioning | up to 400 kcals | kettlebells & mat | upbeat tunes | improves upper & lower strength & cardio fitness |
|  | CIRCUITS | 55mins | cardio & conditioning | up to 500 kcals | hand weights, steps, mats | upbeat tunes | improves coordination, strength & cardio fitness |
|  | HATTON BOXING | 55mins | group boxing cardio | up to 700 kcals | gloves & pads | upbeat & motivating | improves core conditioning, coordination, & cardio fitness |
|  | 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 | 55mins | dance inspired cardio | up to 450 kcals | none | latin inspired fitness party | improves coordination, cardio fitness & tones the body |
|  | SH'BAM | 45mins | dance inspired cardio | up to 450 kcals | none | chart topping popular hits | 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 |
|  | RETRO AEROBICS | 45mins | No equipment, low impact, aerobics. | up to 350 kcals | none | upbeat | improves mobility, cardio fitness & muscle tone |