

Times	Studio	6.45 - 9.25	9.30 - 10.25	10.30 - 11.25	11.30 - 12.25	12.30 - 13.25	13.30 - 14.25	14.30 - 18.25	18.00 - 19.00	19.00 - 20.00	20.00 - 21.00	
MON	1	<b>Metafit</b> 9.00 - 9.25	<b>Circuits</b> 9.40 - 10.25	<b>Zumba</b> 10.30 - 11.25	<b>Prime Movers</b> 11.40 - 12.25	<b>Step &amp; Tone</b> 12.30 - 13.15			<b>Bootcamp</b> 18.00 - 18.45	<b>Zumba</b> 19.05 - 20.00		
	2	<b>Team Beats (Gym floor)</b> 6.50 - 7.30	<b>Tai Chi</b> 8.45 - 9.30	<b>Tai Chi</b> 9.30 - 10.15	<b>Total Tone</b> 10.30 - 11.25	<b>Body Balance</b> 11.35 - 12.30	<b>Iyengar Yoga</b> 12.45 - 14.15		<b>Iyengar Yoga</b> 14.30 - 16.00	<b>Hatha Yoga</b>	<b>Core Ball</b> 19.00 - 19.45	<b>Vinyasa Yoga</b> 20.00 - 21.15
	3 & Pool	<b>Group Cycle</b> 6.45 - 7.30	<b>Group Cycle</b> 9.30 - 10.15	<b>Aqua</b> 9.30 - 10.15						<b>Group Cycle</b> 18.00 - 18.45		
TUES	1	<b>Express Pump</b> 6.45 - 7.15	<b>Body Attack</b>	<b>Body Pump</b> 10.30 - 11.30	<b>Fitsteps</b> 11.45 - 12.40			<b>Low Energy Aerobics</b> 13.40 - 14.25		<b>Body Combat</b> 18.10 - 18.55	<b>Body Pump</b>	
	2	<b>Body Balance</b> 8.30 - 9.25	<b>Total Tone</b>	<b>PiYO</b>		<b>Vinyasa Yoga</b> 13.00 - 14.15			<b>Pilates</b> 14.30-15.30	<b>Pilates</b> 15.30-16.30	<b>Pilates</b>	<b>Stretch &amp; Tone</b> 20.00 - 20.55
	3 & Pool		<b>Group Cycle</b> 9.30 - 10.15	<b>Aqua</b> 11.00 - 11.45		<b>Group Cycle</b> 12.30 - 13.15			<b>Group Cycle</b> 18.00 - 18.45			<b>Team Beats (Gym Floor)</b> 19.50 - 20.30
WEDS	1	<b>HIIT</b> 9.00 - 9.25	<b>Body Pump</b> 9.30 - 10.30		<b>Zumba</b> 11.40 - 12.25	<b>Prime Movers</b> 12.30 - 13.15				<b>Metafit</b> 18.30 - 18.55	<b>Hotspot</b>	
	2	<b>Team Beats (Gym Floor)</b> 6.50 - 7.30	<b>Core Ball</b> 9.30 - 10.15	<b>Vinyasa Yoga</b> 10.30 - 11.45		<b>Hatha Yoga</b> 12.30 - 13.30	<b>Dru Yoga</b> 14.00 - 15.15		<b>Fitness +</b> 16.00 - 16.55	<b>Dynamic Hatha Yoga</b> 18.00-18.55	<b>Pilates</b> 19.10 - 19.55	<b>Iyengar Yoga</b> 20.00 - 21.30
	3 & Pool	<b>Group Cycle</b> 6.45-7.30	<b>Group Cycle</b> 9.30 - 10.15		<b>Low Energy Group Cycle</b> 11.30 - 12.00	<b>Aqua</b> 12.45 - 13.30				<b>Hotspot</b>	<b>Group Cycle</b>	
THUR	1	<b>Metafit</b> 9.00-9.25	<b>Power Circuit</b> 9.35-10.20	<b>Aerobics</b> 10.30 - 11.25	<b>Legs, Bums &amp; Tums</b> 11.40-12.25	<b>Zumba</b>				<b>Body Attack</b>	<b>Hotspot</b>	
	2	<b>Pilates</b> 8.30-9.25	<b>Tai Chi</b> 9.30 - 10.15	<b>Pilates</b>	<b>Body Balance</b> 11.30 - 12.25	<b>Ashtanga Yoga</b> 12.30 - 13.30	<b>Pilates</b> 13.35 - 14.35	<b>Hotspot</b>	<b>Iyengar Yoga</b> 16.30-18.00	<b>Hotspot</b>	<b>Pilates</b>	<b>Vinyasa Yoga</b> 20.00 - 21.15
	3 & Pool		<b>Group Cycle</b> 9.30 - 10.15	<b>Aqua</b> 9.30 - 10.15						<b>Hotspot</b>		<b>Team Beats (Gym Floor)</b> 19.50 - 20.30
FRI	1	<b>Body Pump</b> 8.30 - 9.25	<b>Body Attack</b>	<b>Body Pump</b> 10.30 - 11.30	<b>Prime Movers</b> 11.40 - 12.25	<b>Zumba</b>		<b>Hotspot</b>				
	2		<b>Hatha Yoga</b> 9.15 - 10.15	<b>Dru Yoga</b> 10.30 - 11.45		<b>Yin Yoga</b> 12.30 - 13.45	<b>Pilates</b> 14.00-15.00		<b>Athletic Pilates</b> 17.00-18.00		<b>Body Balance</b> 19.00 - 19.55	
	3 & Pool	<b>Group Cycle</b> 6.45 - 7.30	<b>Group Cycle</b> 9.30 - 10.15		<b>Team Beats (Gym Floor)</b> 11.50 - 12.30	<b>Aqua</b> 13.00-13.45				<b>Group Cycle</b> 18.00 - 18.45		
SAT	1	<b>Metafit</b> 9.00 - 9.25	<b>HIIT Circuits</b> 9.30 - 10.25	<b>Fitsteps</b>	<b>Hotspot</b>							
	2		<b>PiYO</b>	<b>Core Ball</b> 10.30 - 11.15	<b>Hatha Yoga</b>							
	3		<b>Group Cycle</b> 9.30 - 10.15	<b>Hotspot</b>	<b>Bootcamp Beats</b> 11.30 - 12.10							
SUN	1	<b>Insanity</b> 9.00 - 9.25	<b>Body Pump</b>	<b>Zumba</b>								
	2			<b>Body Balance</b>	<b>Pilates</b>							
	3		<b>Group Cycle</b> 9.30 - 10.15		<b>Bootcamp Beats</b> 11.30 - 12.10							
















\*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 six 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.

● Outside class - please wear appropriate attire to suit the weather.

Book online at:  
www.thetytheringtonclub.com

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 Tytherington Club Class Descriptions		DURATION	EXERCISE TYPE	BURN RATE	EQUIPMENT	MUSIC	RESULTS
	<b>BODY ATTACK</b>	55mins	sports-inspired cardio	up to 735 kcals	none	the latest fun & hard hitting tunes	improves agility, coordination, strength, endurance & cardio fitness
	<b>LEGS, BUMS &amp; TUMS</b>	45mins	conditioning to music, light weight or no weights for toning	up to 500 kcals	mat & weights	upbeat & motivating tunes to tone the body	improves coordination, cardio fitness & tones the body
	<b>STEP &amp; TONE</b>	45mins	step based cardio	up to 600 kcals	height adjustable step	upbeat & motivating tunes	improves coordination, cardio fitness & tones the body
	<b>PILATES</b>	55mins	holistic	up to 350 kcals	mat	relaxing & calming music	improves core strength, mobility & flexibility
	<b>BODY BALANCE</b>	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
	<b>CORE BALL</b>	45mins	holistic	up to 390 kcals	mat & stability ball	relaxing & calming music	improve core strength, balance and flexibility
	<b>IYENGAR YOGA</b>	90mins	holistic	up to 300 kcals	Yoga mat, belts, blocks	no music	emphasis on detail, precision and alignment in the performance of posture and breath control
	<b>HATHA YOGA</b>	60mins	holistic	up to 375 kcals	yoga mat	relaxing & calming music	The practice of Asanas (postures) and pranayama (breathing) to improve strength and flexibility and bring peace to the mind
	<b>VINYASA/ASHTANGA YOGA</b>	75mins	holistic	up to 550 kcals	yoga mat	relaxing & calming music	energetic and uplifting, linking asanas in flowing sequences moving with the breath
	<b>DRU YOGA</b>	75mins	holistic	up to 200 kcals	yoga mat	relaxing & calming music	soft, flowing movements, directed breathing and visualisations.
	<b>YIN YOGA</b>	75mins	holistic	up to 200 kcals	yoga mat	relaxing & calming music	A slow paced class where asanas are held for a long time, to enable a deeper stretch, to improve flexibility and mobility.
	<b>TAI CHI</b>	45mins	martial arts inspired holistic	up to 200 kcals	mat	none	improves balance & mobility
	<b>TOTAL TONE</b>	55mins	holistic	up to 350 kcals	resistance bands, dumbbells	relaxing & calming music	a whole body workout using resistance and core strength exercises.
	<b>POWER CIRCUIT</b>	55mins	high & low intensity cardio & resistant workout	up to 500 kcals	dumbbells & step	the latest inspirational & motivational tunes	A high intensity full body workout combining cardio, plyometrics & strength, to challenge your cardiovascular capacity, build muscle, increase endurance and burn fat.
	<b>METAFIT/INSANITY</b>	25mins	high intensity interval training	up to 400 kcals	none	upbeat and dynamic tunes to help motivate you	improves cardio fitness, muscle strength & coordination
	<b>BODY PUMP</b>	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
	<b>CIRCUITS</b>	45mins	cardio & conditioning	up to 500 kcals	hand weights, steps, mats	upbeat tunes	improves coordination, strength & cardio fitness
	<b>LOW ENERGY AEROBICS/PRIME MOVERS</b>	45mins	low impact aerobic & conditioning	up to 350 kcals	hand weights, mat, exercise balls, resistance tubes	an upbeat mix of old and new tunes	improves mobility, cardio fitness & muscle tone
	<b>LOW ENERGY GROUP CYCLE</b>	30mins	cardio group cycling	up to 300 kcals	indoor stationary exercise bike	upbeat & motivating tunes taking you on a cycle journey	improves cardio fitness, muscle strength & endurance
	<b>GROUP CYCLE</b>	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
	<b>ZUMBA</b>	55mins	dance inspired cardio	up to 450 kcals	none	latin inspired fitness party	improves coordination, cardio fitness & tones the body
	<b>FITSTEPS</b>	55mins	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
	<b>PIYO</b>	55mins	dynamic infusion of pilates & yoga	up to 450 kcals	none	motivating tunes	improves muscle tone & flexibility
	<b>AQUA</b>	45mins	water based cardio & conditioning	up to 400 kcals	woggles	upbeat & motivating tunes	improves coordination, cardio fitness & tones the body
<b>HOTSPOTS</b>		A fantastic opportunity to try new classes. These classes can be removed at anytime. Please check the booking system for class availability.					