

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00 - 7.45 (S1) Group Cycle	7.00 - 8.00 (S1) Body Balance	7.00 - 7.45 (S1) Group Cycle	7.00 - 7.45 (S1) Body Pump	7.00 - 7.45 (S1) Pilates	9.00 - 9.45 (S1) Body Pump	8.30 - 9.15 (S1) Group Cycle
9.15-10.00 (S1) Body Pump	9.15 - 10.00 (S1) Body Conditioning	8.00 - 8.45 (S1) Pure Stretch	9.30 - 10.30 (S1) Cardio Conditioning	9.30 - 10.15 (S1) Step	9.50 - 10.35 (S1) Circuits	9.30 - 10.15 (S1) Body Pump
10.00-10.45 (S1) Body Combat	10.15 - 11.00 (Pool) Aqua	9.30 - 10.25 (S1) Body Pump	10.00 -10.45 (S2) Tai Chi	10.30 - 11.00 (Gym Floor) Ab Attack	10.00 - 10.45 (Pool) Aqua	10.30 - 11.30 (S1) PiYo
10.30 - 11.00 (Gym Floor) Fastfit	10.15 - 11.00 (S1) Body Attack	9.30 - 10.25 (S2) Pilates	10.30 -11.15 (Pool) Aqua	10.30 - 11.15 (S1) LBT	10.30 - 11.00 (Gym Floor) Fastfit	10.30 - 11.00 (Gym Floor) Core Lifts
10.30 - 11.00 (Gym Floor) Core Lifts	10.30 - 11.00 (Gym Floor) Core Lifts	10.30 - 11.00 (Gym Floor) Fastfit	10.30 -11.00 (Gym Floor) Core Lifts	11.15 - 12.00 (S1) Group Cycle	10.45 - 11.30 (S1) Group Cycle	11.30 - 12.30 (S1) Pilates
10.45 - 11.30 (S1) Fit Steps	10.30 - 11.15 (S2) Pilates	10.30 - 11.25 (S1) Dance	10.45 - 11.45 (S1) Advanced Hatha Yoga	12.15 - 13.00 (S1) Fit and Fun	11.45 - 12.30 (S1) Pure Stretch	12.30 - 13.30 (S1) Zumba
10.45 - 11.30 (S1) Fit Steps	11.15 - 12.00 (S1) Low Energy Group Cycle	11.00 - 11.45 (Pool) Aqua	11.45 - 12.45 (S1) Pilates	13.00 - 14.00 (S1) Pilates		
11.30 - 12.15 (S1) Fit Steps	12.15 - 13.15 (S1) Pilates	11.30 - 12.45 (S1) Hatha Yoga	12.30-13.00 (Gym Floor) Ab Attack			
11.30 - 12.15 (Pool) Aqua	12.30-13.00 (Gym Floor) Ab Attack	12.30 - 13.30 (S2) Body Balance	12.45-13.30 (S1) Group Cycle			
11.30 - 12.15 (Pool) Aqua	13.00-14.00 (Outside) Get into Golf 🏌️					
12.15 - 13.15 (S1) Hatha Yoga (Integral)	13.30-14.30 (S1) Yoga					
16.30 - 17.00 (Gym Floor) Fastfit	17.30 - 18.15 (S2) Fit and Fun	14.00 - 14.45 (Pool) Aqua	16.30 - 17.00 (Gym Floor) Fastfit	17.30 - 18.15 (S1) Group Cycle	<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.witney-lakes.co.uk</p> <p>🏌️ Outdoor Classes - please wear appropriate attire to suit weather conditions</p>	
17.00 - 17.45 (S1) Group Cycle	17.30 - 18.15 (S1) Body Pump	17.30 - 18.15 (S2) Zumba	17.25 - 18.10 (S1) Pure Stretch	18.30 - 19.30 (S1) Zumba		
17.45 - 18.30 (S1) PiYo	18.15 - 19.00 (S1) Body Attack	17.45 - 18.30 (S1) Boxing Circuits	18.00 - 19.00 (Outside) Get into Golf 🏌️			
18.30 - 19.00 (Gym Floor) Core Lifts	19.15 - 20.00 (S1) Group Cycle	18.30 - 19.00 (Gym Floor) Fastfit	18.15 - 19.00 (S1) Body Attack			
18.30 - 19.15 (S2) HIIT & ABS	18.40-19.25 (S1) Group Cycle	18.40-19.25 (S1) Group Cycle	18.45 - 19.30 (Pool) Aqua			
18.40 - 19.25 (S1) Group Cycle	19.30 - 19.55 (S1) HIIT	19.30 - 19.55 (S1) HIIT	19.10 - 19.55 (S1) Group Cycle			
19.15 - 20.00 (S2) Tai Chi & Stretch	20.00 - 21.00 (S1) Body Balance	20.00 - 21.00 (S1) Body Balance	20.00 - 20.45 (S1) Body Pump			
19.30 - 20.25 (S1) Body Pump						

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.

Witney Lakes Class Descriptions		DURATION	EXERCISE TYPE	BURN RATE	EQUIPMENT	MUSIC	RESULTS
	BODY ATTACK	45mins	sports-inspired cardio	up to 735 kcals	none	the latest fun & hard hitting tunes	improves agility, coordination, strength, endurance & cardio fitness
	STEP	45mins	step based cardio	up to 600 kcals	height adjustable step	upbeat & motivating tunes	improves coordination, cardio fitness & tones the body
	LBT	45mins	cardio & conditioning	up to 500 kcals	hand weights	upbeat & motivating tunes to dance and tone the body	improves coordination, cardio fitness & tones the body
	CARDIO CONDITIONING	55mins	mixture of aerobic and strength work	up to 500 kcals	hand weights & step	upbeat & motivating tunes to dance and tone the body	improves coordination, cardio fitness & tones the body
	PILATES	45/55mins	holistic	up to 350 kcals	mat	relaxing & calming music	improves core strength, mobility & flexibility
	PURE STRETCH	45mins	flexibility, mobility & strength	up to 200 kcals	mat	relaxing & calming music	improves flexibility & mobility focuses on relaxation through stretch
	HATHA YOGA	55mins	holistic	up to 375 kcals	yoga mat	relaxing & calming music	increases core strength
	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
	TAI CHI & STRETCH	45mins	flexibility, mobility & strength	up to 200 kcals	mat	relaxing & calming music	improves flexibility & mobility
	CORE LIFTS	30mins	weight based resistant training	avg. 150 kcals	bars, plates, dumbbells	upbeat	Works on teaching and developing your basic lifts (Squats, Deadlifts, Bench Press, Shoulder Press, etc). Working on progressions, regressions and exercises that will help you towards improving your technique
	FASTFIT	30/45mins	small group functional training	up to 500 kcals	VipR, kettlebell, dumbbells, medicine ball, swiss balls, BOSU, & barbells	upbeat & motivating	improves strength, agility, core stability, cardio fitness, coordination & balance
	AB ATTACK	30mins	conditioning	up to 150 kcals	functional kit	upbeat & motivating	improves core stability and conditions abs
	CIRCUITS	45mins	cardio & conditioning	up to 500 kcals	hand weights, steps, mats	upbeat tunes	improves coordination, strength & cardio fitness
	BODY PUMP	45/55mins	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
	BODY CONDITIONING	45mins	conditioning	up to 500 kcals	hand weights, steps & mat	motivating tunes	improves strength & endurance, helps shape & tone
	BOX CIRCUITS	45mins	cardio & conditioning	up to 500 kcals	gloves, pads, steps	upbeat tunes	increases upper & lower body strength while maximising heart & lung fitness
	PIYO	45/55mins	dynamic infusion of pilates & yoga	up to 450 kcals	none	motivating tunes	improves muscle tone & flexibility
	HIIT	45mins	high intensity interval training	avg. 500 kcals	mat, steps & boxing gloves	high energy, inspirational and motivating	bodyweight training targeting all major muscle groups to burn body fat, increase strength and metabolic rate
	GROUP CYCLE	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
	FIT AND FUN	55mins	low impact cardio & strength	up to 350 kcals	small exercise balls, resistance tubes and mats	upbeat	improves mobility, cardio fitness & muscle tone
	LOW ENERGY GROUP CYCLE	45mins	cardio group cycling	up to 300 kcals	indoor stationary exercise bike	motivating tunes that take you on a cycle experience	improves cardio fitness, muscle strength & endurance
	DANCE	55mins	low impact cardio	up to 400 kcals	none	dance music of all styles	improves cardio fitness & coordination, gives you the feel of being in a dance group
	FIT STEPS	90mins	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
	ZUMBA	60mins	dance inspired cardio	up to 450 kcals	none	latin inspired fitness party	improves coordination, cardio fitness & tones the body
	INTERVAL TRAINING	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
	AQUA	45 mins	water based cardio & conditioning	up to 400 kcals	woggles	upbeat & motivating tunes	improves coordination, cardio fitness & tones the body