

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00 - 7.45 (S2) Group Cycle	8.15 - 9.10 (S1) Yoga Flow	7.00 - 7.45 (S2) Group Cycle	8.30 - 9.15 (S1) Body Combat	8.30 - 9.25 (S1) Body Balance	8.00 - 8.45 (S1) Pilates	
8.30 - 9.25 (S1) Yoga Flow	9.15 - 10.00 (S1) Body Combat	8.30 - 9.15 (S1) Body Balance	9.15 - 10.00 (Pool) Aqua	9.30 - 10.15 (S1) Body Pump	9.00 - 9.45 (S2) Group Cycle	9.30 - 10.30 (S1) Yoga
9.15 - 10.00 (Pool) Aqua	10.00 - 10.45 (S2) Group Cycle	9.30 - 10.15 (S1) Body Pump	9.30 - 10.15 (S1) Body Attack	9.30 - 10.15 (S2) Group Cycle	9.00 - 9.45 (S1) Body Pump	9.30 - 10.15 (S2) Group Cycle
9.30 - 10.15 (S1) Body Attack	10.05 - 10.50 (S1) Zumba	10.15 - 11.00 (S2) Low Energy Group Cycle	10.00 - 10.45 (Pool) Aqua	10.30 - 11.25 (S1) Fitball	10.00 - 10.45 (S1) Body Combat	10.30 - 11.15 (S1) Zumba
10.15 - 11.00 (S2) Group Cycle	11.00 - 12.00 (S1) Pilates	10.30 - 11.25 (S1) Yoga	10.15 - 11.00 (S2) Low Energy Group Cycle	11.30 - 12.30 (S1) Yoga		
10.00 - 10.45 (Pool) Aqua	12.30 - 13.30 (S1) Yoga	11.30 - 12.30 (S1) Pilates	10.15 - 11.00 (S1) Body Balance	13.00 - 14.00 (S1) Core & Conditioning		
10.20 - 11.20 (S1) Body Conditioning	17.10 - 18.10 (S1) Pilates	12.00 - 12.45 (Pool) Aqua	11.05 - 11.50 (S1) Body Conditioning	15.00 - 16.00 (Pool) Aqua (On-Track)		17.00 - 17.45 (S1) Body Pump
11.30 - 12.25 (S1) Line Dancing		12.30 - 13.15 (S1) Body Balance	12.00 - 13.00 (S1) Pilates			
12.30 - 13.30 (S1) Pilates		15.00 - 15.45 (Pool) Aqua (On-Track)	17.10 - 18.10 (S1) Pilates			
		17.00 - 18.00 (S1) Yoga				
18.00 - 18.45 (S1) Body Pump	18.15 - 19.00 (S2) Group Cycle	18.15 - 18.55 (S1) HIIT	18.15 - 19.00 (S2) Group Cycle	18.15 - 19.00 (S1) Body Pump		18.00 - 18.45 (S1) Body Balance
18.15 - 19.00 (S2) Group Cycle	18.15 - 19.00 (S1) Body Pump	19.00 - 19.45 (S2) Group Cycle	18.15 - 19.00 (S1) Body Pump	18.15 - 19.00 (S2) Group Cycle		
18.55 - 19.40 (S1) Zumba	19.10 - 19.55 (S1) Body Attack	19.00 - 20.00 (S1) Pilates	19.15 - 20.00 (S1) Zumba		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. Book online at: www.woodburypark.co.uk	
19.45 - 20.45 (S1) Pilates	20.00 - 20.45 (S1) Body Balance	20.05 - 20.50 (S1) Zumba	20.05 - 20.50 (S1) Stretch			

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.

Woodbury Park Class Descriptions	DURATION	EXERCISE TYPE	BURN RATE	EQUIPMENT	MUSIC	RESULTS	
	BODY ATTACK	45mins	sports-inspired cardio	up to 550 kcals	none	the latest fun & hard hitting tunes	improves agility, coordination, strength endurance & cardio fitness
	BODY COMBAT	45mins	martial arts inspired cardio	up to 550 kcals	none	the latest hard hitting tunes	improves strength & endurance, balance & cardio fitness
	PILATES	60mins	holistic	up to 350 kcals	mat/band	relaxing & calming music	improves core strength, mobility & flexibility
	YOGA	55mins	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
	FITBALL	45mins	flexibility, mobility & strength	up to 390 kcals	mat & stability ball	relaxing & calming music	improves stomach & back muscle strength
	BODY BALANCE	45mins	inspired by yoga, tai chi & pilates	up to 390 kcals	yoga mat optional	soulful, calming & inspiring	improves flexibility, mobility, muscle tone & enhances well being
	STRETCH	45mins	flexibility, mobility & strength	up to 200 kcals	mat	relaxing & calming music	improves flexibility & mobility
	BODY PUMP	45mins	weight based 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
	BODY CONDITIONING	55mins	conditioning	up to 500 kcals	hand weights, steps & mat	motivating tunes	improves strength & endurance, helps shape & tone
	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
	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
	SH'BAM	45mins	moderate intensity dance inspired cardio	up to 450 kcals	none	chart topping popular hits	improves cardio fitness, muscle strength & coordination
	ZUMBA	45mins	dance inspired cardio	up to 450 kcals	none	latin inspired fitness party	improves coordination, cardio fitness & tones the body
	LINE DANCING	70mins	dance	up to 500 kcals	none	lots of your favourite upbeat tunes old & modern music	a low impact class, improves cardio fitness & coordination
	HIIT	40mins	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	45mins	water based cardio & conditioning	up to 400 kcals	woggles	upbeat & motivating tunes	improves coordination, cardio fitness & tones the body