

Class Timetable The Gym@AIBP

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HIIT 0645-0715 STUDIO 2 MICHAEL	STRETCH & TONE 0645-0715 STUDIO 2 GYM STAFF	TABATA 0645-0715 STUDIO 2 GYM STAFF	BODY CONDITIONING 0645-0715 STUDIO 2 KATA	INDOOR CYCLING 0700-0730 STUDIO 1 KATA
PUMP 1215-1245 STUDIO 2 KATA	BODY BALANCE 1215-1245 STUDIO 2 OXANA	FITNESS BOXING 1215-1245 STUDIO 2 KELLY	HATHA FLOW 1205-1255 STUDIO 2 ALYSON	EXPRESS CORE 1215-1235 STUDIO 2 GYM STAFF
			KETTLEFIT 1215-1245 STUDIO 1 GYM STAFF	
INDOOR CYCLING 1730-1815 STUDIO 1 KATA	STEP POWER 1730-1815 STUDIO 2 OXANA	PUMP 1730-1815 STUDIO 2 KELLY	CIRCUIT TRAINING 1730-1815 STUDIO 2 GYM STAFF	

Please contact a team member if you have any queries

CLASS	DESCRIPTION
Body Balance Studio 2	A workout using small equipment at a calm pace with elements of Pilates and Stretching.
Body Conditioning Studio 2	Work all muscle groups with a variety of strengthening and conditioning exercises . This class tones upper and lower body using resistance like hand weights, body bars and your own body weight. All-Levels
Circuit Training Studio 2	Circuit training is a fast-paced class in which you do one exercise for 30 seconds to 1 minute and then move on to another exercise. Focus is exclusively on muscle toning or aerobic exercises using a variety of equipment based and bodyweight exercises.
Express Core Studio 2	A 20-minute express workout focused on building core strength & toning your abs
HIIT Studio 2	A popular kind of exercise method that involves exerting your maximum energy during short periods of time.
Fitness Boxing Studio 2	A fun and fast paced class that combines elements of boxing, functional training and HIIT training for overall conditioning and toning.
Indoor Cycling Studio 1	Often also called spinning , is a form of exercise with classes focusing on endurance, strength, intervals, high intensity (race days) and recovery, and involves using a special stationary exercise bicycle with a weighted flywheel in a classroom setting.
KettleFit Studio 2	An exercise class which utilises kettlebells , allowing participants to work on muscle strength as well as giving them an effective cardiovascular workout.
Lunchtime Hatha Flow Studio 2	A practice that combines a series of strengthening static postures with some flexibility flow . Expect to develop awareness of the breath through a variety of techniques.
Pump Studio 2	The ultimate barbell workout that consists of performing a range of fast-paced exercises with light to moderate weights for several repetitions. Ideal for those wanting to lose weight, gain muscle and tone up.
Step Power Studio 2	A fun, intense cardio and strength work for the full body. A form of exercise that involves stepping on and off a small platform to upbeat music. It helps to improve overall fitness, balance, coordination and agility.
Stretch & Tone Studio 2	Perfect morning class to get all your muscles stretched and improve your mobility . This class is also designed to build core muscles through a variety of exercises that strengthen the abdomen and back muscles.
Tabata Studio 2	It's a high-intensity interval training that consists of eight sets of fast-paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds .