

Class Timetable **The Gym@AIBP**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Core and Stretch 0645-0715 STUDIO 2 Michael	Indoor Cycling 0645-0715 STUDIO 1 Emily	Induro Cycling 0645-0720 STUDIO 1 Virtual	3d Dimension HIIT 0645-0715 STUDIO 2 Michael	Kettlebells 0700-0730 STUDIO 2 Gym Team
Combat Tabata 1210-1245 STUDIO 2 Oxana	E O D 1200-1230 GYM FLOOR Liam	Fitness Boxing 1210-1245 STUDIO 1 Kellyanne	E O D 1200-1230 GYM FLOOR Gym staff	
Legs, Bums & Tums 1210-1240 STUDIO 1 Liam	Functional Flow 1210-1245 STUDIO 2 Oxana	Belles & Bars 1730 -1815 Gym Floor Emily	Fatburn Extreme 1210-1250 STUDIO 2 Kelly	Cycle & Core 1210-1245 STUDIO 2 GYM STAFF
Circuit Training 1645-1715 STUDIO 2 Oxana	Bootcamp 1645-1715 STUDIO 1 or OUTDOOR Liam	Pump 1730-1815 STUDIO 1 Kelly	Circuit Training 1715-1755 STUDIO 2 Gym Team	
INDOOR CYCLING 1730-1815 STUDIO 1 Emily	Step Basic 1730-1815 STUDIO 2 Oxana			

Please contact a team member if you have any queries

CLASS	DESCRIPTION
Bootcamp Studio 1/Outdoor Pitch	A series of both strength and cardio exercises, which have the aim to provide a challenging and intense full body workout indoors or outdoors.
Belles and Bars Studio 2/Gym Floor	A series of beginner classes designed to help women learn how to perform the common compound movements with a bar. This class will focus on technique allowing participant to focus on correct form and strength building.
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.
Combat Tabata Studio 1	Punch and kick your way to fitness with this high intensity class. You'll perform a combination of martial art inspired movements and cardio exercises for maximum effort 20 sec, followed by 10 sec rest, repeated multiple times.
Core & Stretch Studio 2	Perfect morning class to get all your muscles stretched, improve your mobility and get your week started. This class is also designed to build core muscles through a variety of exercises that strengthen the abdomen and back muscles.
Cycle & Core Studio 1	20-25 minutes of cycling (sprints, hill climbs etc) and 10 min of core exercises before stretching at the end. Perfect for improving cardiovascular capacity and your fitness level.
Dimensions HIIT Studio 2	A 30min HIIT class in circuit format. Body weight, cardio and weight exercises. A great full body workout.
Exercise of the Week Gym Floor	A class dedicated to demonstrating, improving form and gaining knowledge based on one singular exercise. New exercises every class.
FBX Studio 2	(Fat-burn extreme) is a high intensity class meant to push you in everything fitness. Working all muscle groups this class will test your fitness levels at the max.
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.
Functional Flow Studio 2	This class is a blend of mobility, strength, stability, flexibility and breath control. This is a dynamic flow with some extra stretches to help find a deeper alignment within the body.
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.
Kettlebells Studio 2	An exercise class which utilises kettlebells, allowing participants to work on muscle strength as well as giving them an effective cardiovascular workout.
Legs Bums Tums Studio 2	A short and intense workout that targets your lower body and suitable for all ages and fitness levels.
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 Basic Studio 2	The classic aerobic workout. 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 while having fun.