

RAINHAM CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	09:15 - 09:45 EXPRESS KEISER Keiser Studio	06:45 - 07:30 KEISER CYCLING Studio 1	06:45 - 07:30 KEISER CYCLING Keiser Studio	06:45 - 07:30 KEISER CYCLING Keiser Studio	06:45 - 07:30 KEISER CYCLING Keiser Studio	08:45 - 09:15 EXPRESS KEISER Keiser Studio	10:00 - 10:30 EXPRESS KEISER Keiser Studio
	09:15 - 10:00 SHREDDED Studio 1	09:15 - 10:15 BOXING FITNESS Studio 1	09:15 - 10:00 HIIT Studio 1	09:15 - 10:15 RESISTANCE TRAINING Studio 1	09:15 - 10:15 FUNCTIONAL TRAINING Studio 1	09:15 - 10:15 RESISTANCE TRAINING Studio 1	10:30 - 11:00 HIIT BLAST Studio 1
	10:00 - 10:45 ZUMBA Studio 1	10:15 - 10:45 HIIT Studio 1	10:00 - 10:45 KEISER CYCLING Keiser Studio	10:15 - 11:00 CIRCUIT TRAINING Studio 1	10:15 - 11:00 ZUMBA Studio 1	10:15 - 10:45 ABS BLAST Studio 1	11:00 - 11:45 STRETCH & TONE Studio 1
	10:45 - 11:30 STRETCH & TONE Studio 1	10:45 - 11:45 LEGS, BUMS & TUMS Studio 1	10:45 - 11:15 ABS BLAST Studio 1	11:00 - 11:45 STRETCH & TONE Studio 1	11:00 - 11:30 ABS BLAST Studio 1		
AFTERNOON							
EVENING	18:30 - 19:15 CIRCUITS Studio 1	18:30 - 19:00 HIIT BLAST Studio 1	18:15 - 19:15 BOXING FITNESS Studio 1	17:00 - 17:45 PILATES Studio 1	18:15 - 18:45 KEISER CYCLING Keiser Studio		
	19:15 - 20:00 KEISER CYCLING Keiser Studio	19:00 - 20:00 RESISTANCE TRAINING Studio 1	19:15 - 20:00 KEISER CYCLING Keiser Studio	18:30 - 19:15 HIIT Studio 1	18:45 - 19:15 FUNCTIONAL TRAINING Studio 1		
	20:00 - 20:45 STRETCH & TONE Studio 1	20:00 - 20:30 CORE STABILITY Studio 1	20:00 - 20:30 ABS BLAST Studio 1	19:15 - 20:00 ZUMBA Studio 1			
				20:00 - 21:00 PILATES Studio 1			

To book any class please ask at reception or call 01322 522209

RAINHAM CLASS TIMETABLE

ABS BLAST

A fun packed 30 minutes designed to tone, build and strengthen the abdominal muscles. Includes floor routines, full body stretches and fast-paced exercises. class focuses on the core muscles and targets the lower back. Suitable for all levels.

EXPRESS KEISER

A quick 30 minutes that will build up respiratory fitness and burn fat as fuel. A fun and challenging cardiovascular workout for all levels.

RESISTANCE TRAINING

60 minute full body workout. High repetition weight training and aerobic conditioning using barbells and dumbbells. It will tone your body, help you lose weight and will change your body shape. Suitable for all levels.

BOXING FITNESS

A non-contact boxing class combining traditional boxing techniques with circuit based exercises, creating a fun full body workout for all levels of fitness

FUNCTIONAL TRAINING

30 – 45minute class, train your muscles to work together for daily tasks. A boot camp style class using VIPRS, Kettle bells and Resistance bands. This is a high intensity class combining different exercises to build strength and stamina.

SHREDDED

Classes are based around five distinct principles of exercise, that pushes endurance, strength, cardio vascular fitness and fat burning are all included. The five disciplines include speed, high intensity, resistance, endurance and functional movement.

CIRCUITS

The studio is set up with various exercise stations, you'll move around each station and workout different muscle groups. You'll test both your cardio and strength for an all-round challenge. Suitable for all levels you'll work at your own individual pace.

HIIT BLAST

High intensity interval training (HIIT) is a type of cardio training in which you alternate short, very high intensity intervals with longer, slower intervals to recover. It also improves the ability of the muscles to burn fat.

STRETCH & TONE

45 – 60 minute class using concepts of Yoga Pilates and general stretching. Toning your abs, glutes, legs and arms. Pushing your flexibility and strength. Stay firm and work your muscles to move better with a carefully structured series of stretches. Suitable for all levels.

CORE STABILITY

A 30 minute low impact workout tailored to strengthen the abdominals, obliques and back creating amazing results for the posture.

KEISER CYCLING

45 minutes that will build up respiratory fitness and burn fat as fuel. A fun and challenging cardiovascular workout for all levels. Experience a full ride of hills, sprints and endurance intervals with energizing music and motivational instruction.

ZUMBA

Get involved in the biggest fitness craze of the decade - Zumba®. It's perfect for everybody and is designed to bring people together. It's fused with Latin and World rhythms, mixed with low and high intensity dance moves and a super fun way to burn calories.

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