BATTERSEA PARK MILLENNIUM ARENA

STUDIO FITNESS CLASS TIMETABLE (STARTING 05.03.18)

DAY	CLASS	TIME	INSTRUCTOR
MONDAY	KICK BOXING	18:00 – 18:55	Q-ell
	LesMills BODYPUMP	19:00 – 19:45	Laura
TUESDAY	HATHA YOGA	18:30 – 19:55	Rosaleen
	LesMills GRIT	20:00 – 20:30	Blair
WEDNESDAY	LesMills GRIT	18:30 – 19:00	Blair
	LesMills BODYBALANCE	19:00 – 19:45	Carmen
THURSDAY	H.I.I.T	18:30 – 19:00	John
	LesMills BODYPUMP	19:00 – 19:45	Mark
SATURDAY	ZUMBA™	10:00 – 10:55	Irina
	LesMills BODYPUMP	11:00 – 11:45	Laura

LesMills BODYBALANCE - is a fusion of yoga, pilates and tai chi class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life leaving you feeling calm and centred.

LesMills BODYPUMP - BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones

LesMills GRIT - STRENGHT -The 30-minute high-intensity interval training workout, designed to improve strength and build lean muscle. PLYO - plyometric-based workout, designed to make you perform like an athlete. CARDIO - workout that improves cardiovascular fitness, increases speed and maximizes calorie burn.

KICK BOXING - A fat burning cardio blitz, incorporating body weight exercises with pads for punching and kicking.

HATHA YOGA - A relaxing yet challenging discipline, yoga can improve poise, respiration and flexibility. It reduces stress, increases your flexibility and strengthens your muscles.

CIRCUITS - This 45-minute class includes resistance exercises, upper and lower body workouts, body weight exercise, abs and core and more!

H.I.I.T - Alternating short periods of intense anaerobic exercise with less intense recovery periods. HIIT is the concept where one performs a short burst of high-intensity exercise followed by a brief low-intensity activity.

ZUMBA - A fusion of Latin and international dance themes, that will create a dynamic and exciting atmosphere based on the principle that a workout should be fun and easy to do.