

# TOOTING BEC ATHLETICS TRACK AND GYM

STUDIO FITNESS CLASS TIMETABLE (STARTING 06.03.18)

DAY	CLASS	TIME	INSTRUCTOR
MONDAY	Yoga	10:00 – 11:15	Effie
	Kettlebells	18:30 – 19:15	Gonzalo
	Yoga	19:30 – 20:45	Filipa
TUESDAY	<b>LES MILLS GRIT</b>	18:30 – 19:00	Blair
	<b>LES MILLS BODYPUMP</b>	19:00 – 19:45	Mark
	Pilates	19:50 – 20:45	Auste
WEDNESDAY	Bootcamp	18:30 – 19:25	Artur
	Yoga	19:30 – 20:45	Effie
THURSDAY	Bootcamp	10:00 – 10:55	Artur
	<b>LES MILLS BODYCOMBAT</b>	18:30 – 19:15	Eleonora
	Yoga	19:30 – 20:45	Effie
FRIDAY	Total Core	19:00 – 19:45	Alan
SATURDAY	Bootcamp	10:30 – 11:25	Artur
	Mind & Body	11:30 – 11:25	Alpa
SUNDAY	Yoga	11:15 – 12:30	Filipa

## **LES MILLS BODYCOMBAT**

the empowering group fitness cardio workout where you are totally unleashed. This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai.

## **LES MILLS 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

## **LES MILLS GRIT**

- STRENGTH - 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.

**Yoga** – A relaxing yet challenging discipline, yoga can improve poise, respiration and flexibility.

**Kettlebells** – Dynamic moves that target coordination, endurance, strength, balance, agility and cardio.

**Pilates** – A workout focusing on strengthening core, improving flexibility and building muscle endurance.

**Bootcamp** – A complete workout, combining resistance exercise and high intensity aerobic movements.

**Total core** – A workout focused on burning fat, building muscle, improving cardio and increasing core strength.

**Mind & Body** – A mix between the strengthening of Pilates and the stretch aspect of Yoga.