

Battersea Park Millennium Arena Fitness Class Timetable

DAY	CLASS	TIME
MONDAY	Pilates	18:00 – 19:00
	Power Pump	19:00 – 20:00
TUESDAY	Hatha Yoga	18:35 – 19:45
WEDNESDAY	Balance Flow	18:15 – 19:00
	Fitness KickBoxing	19:00 – 20:00
THURSDAY	H.I.I.T	18:30 – 19:00
	Power Pump	19:00 – 20:00
SATURDAY	Zumba	09:50 – 10:50
	Power Pump	11:00 – 11:45

PILATES - A body conditioning class based on the fusion of body and mind which results in improved posture, flexibility and strength.

POWER PUMP - The original barbell workout using light to moderate weights with lots of repetition (reps) giving you a total body workout that burns calories, strengthens and tones.

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

BALANCE FLOW - A fusion of yoga and pilates class using a range of movements and motion set to music that will improve your mind, your body.

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

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.

Battersea Park Millennium Arena

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