

# STUDIO TIMETABLE



## Monday

9.15am - 10.00am Aqua Aerobics  
7.00pm - 8.00pm Class

## Tuesday

9.15am - 10.00am Aqua Aerobics  
7.00pm - 8.00pm Circuits Class

## Wednesday

12.00pm - 12.40pm Lower Body Conditioning  
1.15pm - 2.00pm Pilates Class  
6.00pm - 6.50pm H.I.I.T. Class  
7.00pm - 7.50pm Pilates Class

## Thursday

9.30am - 11.00am Yoga Class  
6.00pm - 6.45pm Body Blast Class  
7.00pm - 7.45pm Aqua Aerobics

## Friday

12.00pm - 12.45pm Aqua Aerobics

## Saturday

10.00am - 11.00am Class

## Sunday

11.00am - 11.45am Total Body Conditioning Class

**Pilates** – There is also extra Pilates classes added to this timetable on random days and times, please ask a member of staff for more information.

## Classes

Here at PULSE Health & Fitness we provide a variety of classes that you as members can join for free.

**Yoga** - Yoga is an ancient discipline concerned with developing a holistic, healthy and harmonious way of living. Yoga can make your body stronger and healthier, your mind calmer and more controlled.

**Aqua Aerobics** - Aerobics provides an effective, well-balanced workout for all muscles. The water takes the weight of vulnerable joints, providing support and minimising injury risk. It is an excellent calorie burner.

**Aerobics** - A fantastic cardiovascular workout, combining both high and low impact movements.

**Lower Body Conditioning** - This is a good, low impact workout for general and toning, targeting all those problem areas! Enjoy a workout to music in a friendly, relaxed atmosphere.

**Total Body Conditioning** - This is a good, low impact workout for general fitness and full body toning. Enjoy a workout to music in a friendly, relaxed atmosphere, using equipment such as steps, body bars and dyna bars.

**Circuit Training** - Suitable for any level of fitness as you can work at your own pace to the different time intervals. Exercises change between cardiovascular and resistance so that your body gets an all-round work out.

**Boxercise** - A cardiovascular and strengthening class using traditional boxing movements. A class ideal for those who wish to improve their all-round fitness or release their aggression on some sparring mits.

**Budokick** - A cardiovascular and strengthening/toning class using traditional martial art moves. This class will leave your whole body feeling toned and energised.

**H.I.I.T** - A cardiovascular and toning class. H.I.I.T is done using short intense bursts of energy with small rest periods to get your breath back. One of our most beneficial classes.