

# ACTIVE FITNESS<sup>HQ</sup>

# AHQ

## 2024 AUTUMN TIMETABLE





	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
☀	5:00AM	NEW 5AM CLUB 45	NEW 5AM CLUB 45	NEW 5AM CLUB 45				
	5:30AM							
	6:00AM							
	6:30AM	STRENGTH & CONDITIONING 60		STRENGTH & CONDITIONING 60	RAPID FIT 45	LES MILLS BODYPUMP 60		
	7:00AM							
	7:30AM							
	8:00AM						STRENGTH & CONDITIONING 60	
	8:30AM							
	9:00AM	LES MILLS BODYPUMP 60	LES MILLS BODYCOMBAT 60	LES MILLS BODYSTEP 60	LES MILLS BODYPUMP 60	NEW LES MILLS BODYATTACK 60	LES MILLS BODYSTEP 60	LES MILLS BODYPUMP 60
	9:30AM							
☾	10:00AM	AF STRENGTH 60	LES MILLS CORE 30	AF STRENGTH 60	LES MILLS CORE 30	LES MILLS BODYPUMP 60	LES MILLS BODYPUMP 60	
	10:30AM							
	11:00AM	NEW LES MILLS GRIT 30	FOREVER FIT 60		JAPANESE KI YOGA 60	FOREVER FIT 60		
	11:30AM							
	4:30PM							
	5:00PM	LES MILLS BODYPUMP 60	BOX COMBO 45	AF STRENGTH 60	NEW LES MILLS BODYCOMBAT 30			
	5:30PM							
	6:00PM	LES MILLS BODYSTEP 30	LES MILLS BODYPUMP 60	NEW LES MILLS GRIT 30	LES MILLS BODYPUMP 60	NEW DANCE FIT 45		
	6:30PM	NEW LES MILLS BODYATTACK 30						GROUP FITNESS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
☀	6:00AM						
	6:30AM			NEW KI YOGA FLOW 60			
	7:00AM						
	8:30AM						
	9:00AM	BARRE 45	YOGA FLOW 60	BARRE 45	PILATES 60	YOGA FLOW 60	
	9:30AM						
	10:00AM	YOGA FLOW 60	PILATES 45	YOGALATES 60	NEW BARRE 45	YOGALATES 60	YOGA 60
	10:30AM						
	NEW 11:00AM	FOREVER FIT EXPRESS 30					
	11:30AM	FIT TO BE 30		AGELESS 60		EXPRESS AGELESS 30	
	12:00PM						
	☾	5:30PM					
6:00PM			BARRE 45				
6:30PM		YIN YOGA 60		YOGA 60			
7:00PM			YOGA FLOW 60				
7:30PM							
							WELLNESS

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
☀	6:00AM							
	6:30AM		BOOTCAMP 45			BOOTCAMP 45		
	7:00AM							
	9:00AM							
	9:30AM		EXPRESS BOOTCAMP 30		EXPRESS BOOTCAMP 30	NEW BOOTCAMP 45		
	10:00AM							
☾	5:30PM							
	6:00PM	BOOTCAMP 60		EXPRESS BOOTCAMP 30				
	6:30PM							OUTDOORS

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
☀	6:00AM							
	6:30AM	CYCLE 45		CYCLE 45				
	7:00AM							
☾	6:00PM							
	6:30PM			EXPRESS CYCLE 30				
	7:00PM	EXPRESS CYCLE 30						CYCLE

## SPECIALISED CLASSES

**AF STRENGTH** experience the power and intensity of our full-body strength group fitness class, where dynamic movements ignite every muscle, torch calories, and leave you feeling stronger and more alive than ever before.

**AGELESS** is a movement-based class that empowers you to enhance balance, coordination, and functional strength. Embrace the power of movement, and redefine what it means to be ageless!

**BARRE** a low impact, high intensity workout combining the best of Pilates, cardio and resistance training. Suitable for all fitness levels, Barre focuses on movements that will strengthen and lengthen muscles whilst building stability and support throughout the joints.

**BOOTCAMP** get ready to sweat! Unleash your inner warrior in our bootcamp, where functional equipment and challenging exercises push your physical and mental limits to new heights, leaving you stronger, fitter, and ready to conquer any challenge.

**BOX COMBO** our boxing-inspired combinations will deliver an excellent full-body workout while also being inspiring and engaging. Combining elements of boxing and kicking to create a high-intensity workout that challenges both your cardiovascular endurance and muscular strength, resulting in a dynamic workout experience.

**CYCLE** This one is going to be a challenging and rewarding experience. As you climb, your heart rate will increase and your muscles burn. A rush of adrenaline as you pedal faster and harder in surging sprints, will leaving you feeling accomplished and energized.

**DANCE FIT** Get ready to groove and sweat in our dance fit class! Energising beats, dynamic moves, and fun choreography make every session a party for your body and soul.

**FIT TO BE** is a self-paced circuit that is effective and an enjoyable way to improve functional strength and overall fitness. This one is for everyone it's fun to be fit.

**FOREVER FIT** is a fantastic option for individuals of all ages and fitness levels. This class focuses on combining strength, fitness, balance and co-ordination providing a low-impact workout that still offers high energy and effective results.

**PILATES** is a truly amazing way to strengthening the core, increasing flexibility, and improving coordination. Pilates is a low-impact exercise that involves a series of controlled movements that focuses on the body's core muscles, including the abdomen, back, and hips.

**RAPID FIT** is a dynamic fast-paced group fitness class designed to enhance both your strength and cardiovascular fitness levels in just 45 minutes. The class incorporates a combination of exercises utilising barbells, body weight movements, and cardio elements to elevate your heart rate and challenge your entire body.

**STRENGTH & CONDITIONING** is designed to enhance physical performance and improve overall fitness levels. Classes typically include a combination of resistance training, weightlifting, and cardiovascular exercises to target different aspects of fitness. This workout can be beneficial for all ages and fitness levels, as the intensity and difficulty of the exercises can be adjusted to match each individual's abilities.

## YOGA CLASSES

**JAPANESE YOGA** this is a yoga like you have never done before. It emphasises gentle movements, combines traditional yoga poses with Japanese holistic techniques like meridian stretching and breathing exercises, promoting physical and mental balance. This class is mostly taught on the floor.

**YOGA** a unique hybrid of various yoga modalities. Designed to improve movement, flexibility and overall well-being.

**YOGA FLOW** is a harmonious sequence of poses that seamlessly transition, focusing on breath, promoting strength, flexibility, and mindfulness for overall well-being.

**YOGALATES** is a dynamic fusion of yoga and Pilates, blending strength, flexibility, and core work. Integrating yoga's mindfulness and breath with Pilates precision and control, creating a balanced and effective practice for body and mind. Offering a comprehensive workout that improves strength, posture, and overall body awareness.

**YIN YOGA** is a slow-paced style where poses are held for longer periods, targeting deep connective tissues and fascia. It promotes relaxation, flexibility, and mindfulness.

## LES MILLS CLASSES

**BODYATTACK** is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

**BODYCOMBAT** a high energy non-contact martial arts-based workout. Punch and kick your way to getting fitter while having fun and burning lots of calories.

**BODYPUMP** a strength class using a barbell and weight plates. You will tone and shape your entire body, improve core strength and bone health. The high rep effect builds muscular endurance and allows you to burn lots of calories during and after the class.

**BODYSTEP** is a cardio workout to improve overall fitness that will also tone and shape your butt and thighs. It's a fun and energetic way to burn calories. This class is designed for all fitness levels, as you chose the exercise that is right for you.

**CORE** a workout for incredible core definition and sports performance using resistance bands, weights and bodyweight exercises. This class is all about building strength, stability and endurance in the muscles that supports your core.

**GRIT** is scientifically-designed to take your fitness to the next level. The HIIT effect means you increase aerobic fitness, unleash fast-twitch muscle fibres and grow lean muscle tissue, burning fat.

For more information or to view the timetable online scan the QR code.

