

THE STUDIO TIMETABLE - QUARTER 4 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	07:30-08:00 NEW Afterburner	07:15-08:15 Spin & Abs	07:30-08:00 NEW Boxfit	07:15-08:15 Spin & Abs	07:15-08:00 Spin & Stretch	<i>Spin class coming soon!</i>	
			09:30-10:30 Kundalini Yoga	09:00-10:00 Pilates	09:30-10:30 Iyengar Yoga		09:30-11:00 Iyengar Yoga
	10:00-11:00 Fitball	10:00-11:15 Iyengar Yoga				09:30 10:30 Dynamic Yoga	
LUNCHTIME	12:15-13:00 Core Collective	12:15-13:00 Body Conditioning	12:15-13:00 LBT	12:30-13:15 Bootcamp	12:30-13:15 NEW Weekly Workout	11:30-12:30 Pilates	
	13:00-13:30 NEW Weekly Workout (Tabata)	13:00-13:30 NEW Weekly Workout (Tone)	13:00-13:30 NEW Weekly Workout (Tabata)	13:20-14:00 Weekly Workout (Spin)		13:00-14:00 Flow Yoga	13:00-14:00 Vinyasa Yoga
EVENING		17:45-18:30 Kickfit	17:00-18:00 Iyengar Yoga	17:15-17:45 Circuits	17:15-18:15 Pilates		17:15 18:15 Flow Yoga
		18:30-19:15 LBT					
		18:30-19:15 Spin & Abs	18:30-19:15 Sivananda Yoga	18:30-19:00 HiIT-injected Spin	18:30-19:15 NEW Boxfit		
	19:45-20:30 Zumba	19:30-20:30 NEW Detox yoga					

Our classes are free for all members, please **sign in** at the front desk 10-15 minutes before the class starts to book your space in any of our classes!

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Afterburner: A fast-paced cardio and strength workout to get you ready for the day. It'll leave you burning all day!

Body Conditioning: An intense all body workout to music.

Bootcamp: Circuits, putting the body to the test, at your own pace.

Boxfit: Push yourself with a mix of resistance and boxing.

Circuits: A circuit style class aimed at improving strength.

Core collective: An intense class, working the whole core.

KickFit: Intensive class that uses kicking routines to burn fat & tone.

LBT: A fun workout aimed to tone those Legs, Bums & Tums!

Spin: Indoor cycling that pushes your endurance and cardio to the max!

Choose from Stretch, Abs, or that HiIT injected burn!

Weekly Workout: A series of fun lunchtime challenges to get you through the working week.

Zumba: Fun & exhilarating dance class.

Detox Yoga: Challenge your strength, balance and mind with this active form of yoga.

FitBall: A fitness class utilizing the benefits of the Swiss Ball, aiding core and posture.

Flow Yoga: A slow form of yoga, flowing from one sequence to the next.

Iyengar Yoga: Using props to aid in performing Asanas (postures) developing your strength and wellbeing.

Kundalini Yoga: Powerful form of yoga using mantra, meditation and posture to harness the bodies energy.

Pilates: Mat based class designed to target the abs and back focusing on core stability, flexibility and mobility.

Sivananda Yoga: A gentle form of Hatha yoga for toning, stretching and building physical and mental strength.

Suitable for everyone.

Vinyasa/DynamicYoga: A holistic class with dynamic sequences focused on connecting mind, body and breath.



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