

THE STUDIO TIMETABLE - QUARTER 2 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
MORNING	07:30 WORKOUT OF THE DAY DAVID	08:00 SPIN & ABS FRONZIE	07:30 WORKOUT OF THE DAY DAVID	08:00 SPIN & ABS FRONZIE	07:15 SPIN & STRETCH SARAH			
				09:00 PILATES HOWARD	08:00 WORKOUT OF THE DAY DAVID			
	10:00 FITBALL FRONZIE	11:00 IYENGAR YOGA ARABELLA	09:30 KUNDALINI YOGA LIZZIE	10:30	09:30 IYENGAR YOGA KATHY	09:30 DYNAMIC YOGA MARTYNA	10:30 NEW ARABELLA	09:30 IYENGAR YOGA ARABELLA
LUNCHTIME	12:15 ABS & CORE SARAH	13:00 BODY CONDITION SARAH	12:15 LEGS, BUMS & TUMS SARAH	13:00 BOOTCAMP SARAH	12:30 TABATA HARRIET	11:30 PILATES HOWARD	12:30	
	13:00 TABATA HARRIET	13:30 TABATA HARRIET	13:15 TABATA HARRIET	14:00 NEW SARAH	13:20 SPIN SARAH	14:00 NEW LUCY	13:00 FLOW YOGA LUCY	14:00 NEW MARTA
EVENING		17:45 KICKFIT FRONZIE	17:00 IYENGAR YOGA ARABELLA	18:00 TABATA HARRIET	17:30 CIRCUITS MARK	17:15 PILATES HOWARD	18:15	16:30 DETOX YOGA BETH
	17:15 TABATA HARRIET	17:45 LEGS, BUMS & TUMS SARAH	18:30 NEW HARRIET	18:00 TABATA HARRIET				
	18:00 BOXFIT DAVID	19:00 SPIN & ABS FRONZIE	18:45 SIVANANDA YOGA YOLANDE	20:00 NEW YOLANDE	18:30 SPIN HARVEY			
	19:45 ZUMBA STEPH	20:30 FLOW YOGA LUCY	19:30 SPIN KAGS	19:45 NEW KAGS				

BOOTCAMP: CIRCUITS, PUTTING THE BODY TO THE TEST, AT YOUR OWN PACE

BODY CONDITION: AN INTENSE ALL BODY WORKOUT.

SPIN: INDOOR CYCLING THAT PUSHES YOUR ENDURANCE AND CARDIO FURTHER

SPIN & ABS: SPIN PLUS AN INTENSE CORE WORKOUT

KICKFIT: INTENSIVE CLASS THAT USES KICKING ROUTINES TO BURN FAT & TONE.

ZUMBA: FUN, EXHILARATING, EFFECTIVE DANCE CLASS.

WOD: WORKOUT OF THE DAY, A DIFFERENT CHALLENGE EACH CLASS

TABATA: EIGHT ROUNDS OF ULTRA-HIGH-INTENSITY, 20SECS ON 10SECS OFF.

ABS & CORE: AN INTENSE CLASS, WORKING THE WHOLE CORE.

BOXFIT: PUSH YOURSELF WITH A MIX OF RESISTANCE AND BOXING.

CIRCUITS: A CIRCUIT STYLE CLASS AIMED AT PUSHING YOUR WHOLE BODY.

LBT: A FUN WORKOUT AIMED TO TONE THOSE LEGS, BUMS & TUMS!

PILATES: MAT BASED CLASS DESIGNED TO TARGET THE ABS AND BACK FOCUSING ON CORE STABILITY, FLEXIBILITY AND MOBILITY.

FITBALL: A FITNESS CLASS UTILIZING THE BENEFITS OF THE SWISS BALL, AIDING CORE AND POSTURE.

KUNDALINI YOGA: POWERFUL YOGA USING MANTRA, MEDITATION AND POSTURE TO HARNESS THE BODIES ENERGY.

IYENGAR YOGA: USING PROPS TO AID IN PERFORMING ASANAS DEVELOPING YOUR STRENGTH AND WELLBEING.

DYNAMIC & VINYASA YOGA: A PHYSICAL STYLE CLASS WITH MORE ENERGETIC MOVES

FLOW YOGA: A SLOW YOGA, WHERE MOVEMENT IS SYNCHRONIZED TO THE BREATH FOR SMOOTH TRANSITIONS.

DETOX YOGA: AN ACTIVE FORM OF YOGA, AIMING TO DETOX THE MIND AND BODY THROUGH MOVEMENT.

SIVANANDA YOGA: A GENTLE FORM OF HATHA YOGA FOR TONING, STRETCHING AND BUILDING PHYSICAL AND MENTAL STRENGTH. SUITABLE FOR EVERYONE!

EHT GLASSWORKS HEALTH CLUB

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