

# THE STUDIO TIMETABLE - SUMMER 2017

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

**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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