

# EHT GLASSWORKS HEALTH CLUB

CORRECT AS OF 25/03/2019

		MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY		
MORNING										SPIN FRONZIE	06.45	07.15										
	KICK STARTER MARIA	07.30	08.00	SPIN FRONZIE	7.15	7.45	HIIT FIT MARIA	07.30	08.00	SPIN FRONZIE	07.15	07.45	SPIN SARAH	07.15	08.00							
				ABS BLAST FRONZIE	7.45	8.00				ABS BLAST FRONZIE	07.45	8.00										
LUNCH	FITBALL FRONZIE	10.00	11.00	YOGA IN MOVEMENT ARABELLA	9.30	10.45	KUNDALINI LIZZIE	09.30	10.30	PILATES HOWARD	09.00	10.00	IYENGAR KATHY	09.30	10.30	VINYASA MARTA	09.30	10.30	YOGA IN MOVEMENT ARABELLA	09.15	10.30	
	CORE SARAH	12.15	13.00	BODY CON SARAH	12.15	13.00	LBT SARAH	12.15	13.00	BOOTCAMP SARAH	12.15	13.00	FULL BODY SARAH	12.15	13.00	PILATES SAV	11.30	12.30	PILATES ORSI	11.00	12.00	
	TABATA SARAH	13.00	13.30	POWER YOGA BECCA	13.00	13.45	TABATA SARAH	13.00	13.30	FITNESS PILATES SAV	13.00	13.30							VINYASA MARTA	12.15	13.15	
				KICKFIT FRONZIE	17.45	18.30	YOGA IN MOVEMENT	17.15	18.15				PILATES HOWARD	17.15	18.15	COMBINATION YOGA CHRIS	15.30	16.30				
EVENING			ZUMBA ZSANA	18.45	19.30																	
	SIVANANDA YOLANDE	18.15	19.30	SPIN & ABS FRONZIE	18.45	19.30				CIRCUITS MARIA	18.00	18:30										
	ZUMBA SOFIA	19.45	20.30	DETOX YOGA CHRIS	19.30	20.30																

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.

# FASTER. BETTER. STRONGER.

**Abs Blast:** *An intense workout for your core muscles.*

**Kick starter:** *a fast paced interval training class to energise and keep you strong.*

**Body Con:** *An intense all body workout.*

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

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

**Circuits:** *Endurance training going from 'station' to 'station'.*

**Fitness Pilates:** *A group exercise class that focuses on the body as a human kinetic chain by applying the fundamental Pilates technique*

**Full Body:** *Varied 'stations' in Tabata style working full body!*

**HIIT fit:** *Cardio and strength class high intensity interval training.*

**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 levels.*

**Tabata:** *Hiit lunchtime hard with this energetic timed workout.*

**Zumba:** *Fun & exhilarating dance class.*

**Combination Yoga:** *A mix of flexibility, cardio and core strength.*

**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.*

**Kundalini Yoga:** *Powerful form of yoga using mantra, meditation and posture to harness the body's energy.*

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

**Power Yoga:** *A more intense style of Flow with power core holds.*

**Sivananda Yoga:** *Using methodical posture with breathing for relaxation & core*

**Vinyasa flow Yoga:** *Constant, disciplined movement that works body and mind*

**Yoga in Movement:** *Working through yoga movements with a more functional approach as well as posture preparation.*

@glassworksgym 

@theglassworksgym 

@theglassworksgym 

The Glassworks Health Club 