

# EHT GLASSWORKS HEALTH CLUB

CORRECT AS OF 16/09/2019

		MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY		
MORNING										SPIN FRONZIE	06.45	07.15										
	KICKSTARTER JACK	07.30	08.00	SPIN FRONZIE	07.15	07.45	HIIT FIT JACK	07.30	08.00	SPIN & ABS FRONZIE	07.15	08.00	SPIN SARAH	07.15	08.00							
				ABS BLAST FRONZIE	07.45	08.00				WAKE UP YOGA-soon	Oct	'19										
LUNCH	FITBALL FRONZIE	10.00	11.00	YOGA IN MOVEMENT ARABELLA	09.30	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	12.00	13.00	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	13.45	REVIVE & RESTORE Marta	13.00	14.00	HIIT FIT Harriet	13.30	14.15	VINYASA MARTA	12.15	13.15	
				KICKFIT FRONZIE	17.45	18.30	YOGA IN MOVEMENT ARABELLA	17.15	18.15				PILATES HOWARD	17.15	18.15	COMBINATION YOGA CHRIS	15.30	16.30				
				ZUMBA TONING ZSANA	18.45	19.30	HIIT FIT Harriet	18.30	19.00	CIRCUITS JACK	18.30	19.00							GREEN	NEW	CLASS	
EVENING	SIVANANDA YOLANDE	18.15	19.25	SPIN & ABS FRONZIE	18.45	19.30												ORANGE	TIME	DIFF		
	ZUMBA Sofia	19.30	20.15	DETOX YOGA CHRIS	19.30	20.30												BLUE	HERE	SOON		

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.

Zumba Toning: A fun class of dance & body sculpting exercises using light weights.

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.

Revive & Restore: A nourishing practice inspired by techniques such as mindfulness, yoga therapy and Yin Yoga.

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

Vinyasa flow Yoga: A combination of dynamic sequences and longer-held postures that work body and mind.

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

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The Glassworks Health Club 