

CLASSIC FITNESS CLASS TIMETABLE

	M	T	W	T	F	S	S
Hiscoes Studios			06:30AM SPIN		06:30AM SPRINT	8:00AM PILATES	
		9:30AM YIN YOGA		9:30AM PILATES		9:00AM SPIN	9:30AM SPRINT
	5.30PM BODY PUMP	5.30PM SPRINT				10:00AM BODY PUMP	9:30AM BODY PUMP
	6.30 PM PILATES	6.15PM BODYPUMP	6.00PM YOGA	6.00PM BODYPUMP		11.15AM Retrosweat	
	6:30PM SPRINT		6:30PM SPIN	7:00PM Retrosweat	6:30PM STEP Adv*	12MIDDAY KICKBOXING	
	7.00PM BOXING		7:30PM ZUMBA*				

BODY PUMP: the original LES MILLS™ barbell class, will sculpt, tone and strengthen your entire body fast. One of the world's fastest ways to get in shape.

YOGA: Open Yoga classes integrating postures, breathing and meditation. Yoga Flow classes offer a more dynamic style of Yoga, combining breath and movement

Yin Yoga is slow-paced style of yoga with postures that are held for longer periods.

PILATES: A series of exercises based on the work of Joseph Pilates aimed at strengthening and lengthening muscles. Get ready to transform into a new, more balanced, straighter you.

SPIN: a fantastic heart-pumping workout on a stationary bike. You will climb, sprint and ride your way through 45mins to great music.

LES MILLS SPRINT: 30min HIIT STYLE Cycle class. All the benefits of HIIT without the impact on the joints

RETROSWEAT: Working out is pure pleasure and joy when you're getting hot 'n' heavy with David Bowie, The Pointer Sisters, Prince or The Police! The authentic freestyle aerobics workout! Members only (casual visits book via the Retrosweat website)

ZUMBA: A mix of low and high-intensity moves for an interval-style, calorie-burning dance fitness party to latin rhythms! * starts Nov 1st

STEP Remember all the step moves from the nineties? Around the world? Indecision? Find them all here in a high intensity, high choreography workout! *starts Nov 1st

BOXING: Real boxing, pad work, bag work and conditioning drills. Kick-boxing is a Muay Thai style kick-boxing workout.

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