



Opening times for children are **11.00 - 19.00** Monday to Friday | **10.00 - 19.00** Saturday | **08.00 - 19.00** Sunday & Bank Holidays.

**Please Note:** Children must be booked in individually for each class, they must be signed in and out by a parent or guardian. Children's classes will not run without more than one participant. Please ensure your children are dressed in sportswear and trainers.

# HOLISTIC STUDIO TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				<b>Pilates</b> Sue   8.00   45 mins		
	<b>Hatha Yoga</b> Vicky R   8.30   60 mins				<b>Yoga</b> Tilly   8.40   60 mins	
<b>Stretch Flex</b> Debi   9.45   30 mins	<b>Pilates</b> Carolyn LV2   9.30   60 mins	<b>Zumba</b> Vicky   9.30   60 mins	<b>Hatha Yoga</b> Finnola   9.30   60 mins	<b>Yoga</b> Wendy   9.00   60 mins		
<b>LesMills Body Balance</b> Ann   10.15   60 mins	<b>Pilates</b> Ann LV1   10.30   60 mins	<b>Stretch &amp; Flex</b> Debi   10.35   30 mins		<b>Yoga</b> Wendy   10.00   60 mins		<b>Yoga</b> Justine   9.30   60 mins
			<b>Zumba</b> Chiara   10.45   60 mins		<b>Pilates</b> Tracy   10.30   60 mins	<b>Fitness Pilates</b> Kate   10.35   60 mins
<b>Zumba</b> Zoe   11.30   60 mins		<b>Pilates</b> Justine LV1   11.30   60 mins	<b>Core Pilates</b> Kate   11.45   60 mins	<b>Pilates</b> Ann LV1   11.45   60 mins	<b>Pilates</b> Tracy   11.30   60 mins	
<b>Yoga</b> Mark   12.30   60 mins		<b>Pilates</b> Justine LV2   12.30   60 mins		<b>Yin Yoga</b> Justine   12.45   60 mins		
			<b>LesMills Body Balance</b> Carolyn   13.30   60 mins			
<b>Cleaning</b>						
	<b>Yoga</b> Mark   17.00   60 mins	<b>Pilates</b> Trish   17.00   60 mins				<b>Yoga</b> Mark   17.00   60 mins
<b>Yoga</b> Mark   18.00   60 mins	<b>Total Body Workout</b> Kate   18.15   60 mins	<b>Total Body Fitness</b> Trish   18.00   60 mins		<b>LesMills Body Balance</b> Carolyn   18.00   60 mins		
<b>Zumba</b> Zoe   19.00   60 mins	<b>CoreFIT</b> Kate   19.15   30 mins	<b>Dance Fit</b> Sophie   19.00   60 mins	<b>Zumba</b> Vicky C   18.30   60 mins			
	<b>LesMills Body Balance</b> Jason   20.00   60 mins		<b>Yoga</b> Vicky R   19.30   60 mins		<b>Closed</b>	
<b>LesMills Body Balance</b> Carolyn   20.30   60 mins		<b>Ashtanga Yoga</b> Mark   20.30   60 mins				

# HOLISTIC STUDIO TIMETABLE

## STRETCH & FLEX

Build strength and flexibility as you bend and stretch through a number of simple Yoga moves with elements of Pilates. Using breathing control, you'll improve your mind and body and feel calm after every class.

## LES MILLS BODY BALANCE

An essential class for absolutely everyone! Body Balance is the ultimate reward for the mind & body. Body balance calls upon the ancient art of Hatha yoga, Pilates & Tai Chi as the perfect antidote to the stresses of modern day life. Body balance will loosen & strengthen your muscles, improve your posture & flexibility & teach you valuable relaxation techniques.

## ZUMBA

Dance and move your way to Latin beats, this year's new fitness revelation where you can have fun and burn a lot of calories and the same time.

## TOTAL BODY FITNESS

Feel energised with an hour of high repetition exercises working specific muscle groups, focussing on all those little areas that you would like to be firmer. All abilities welcome.

## YOGA

To date, thousands of research studies have been undertaken and have shown that with the practice of yogic meditation a person can learn to control such physiological parameters as blood pressure, heart rate, respiratory function, metabolic rate, skin resistance, brain waves, body temperature and many other bodily functions.

## HATHA YOGA

The main emphasis is on blending philosophies of physical & mental conditioning through stretching & relaxation. Yoga increases flexibility, while building strength & stamina through various poses & postures. Yoga also helps improve posture, rejuvenate energy levels, relieve stress, & reduce fatigue and/or chronic pain.

## PILATES

Pilates is a core-strengthening class that emphasizes strengthening & stretching of all of the muscles, but especially the abs and lower back. Members quickly see an improvement in themselves & their bodies including more flexibility, more strength, better posture, a decreased in neck and back pain & less stressed feeling.

## ASHTANG YOGA

Ashtanga Yoga is a dynamic & challenging form of Hatha Yoga. Each pose is linked to the next through a series of connecting movements called vinyasa, allowing the body to create heat & leading to more flexibility. Smooth, deep breathing (ujjayi), gaze (dristi) & locks (bandhas) are synchronized with the movements. This powerful & vigorous practice purifies & realigns the body, cultivating a feeling of inner peace, & leading to a natural state of meditation.

## COREFIT

Firm up those trouble spots, strengthen your back & tighten your tummy with our total Abs conditioning class.

## DANCE FIT

Dance fitness. Dance fitness is a type of group exercise class that incorporates some or many forms of dance. It's an aerobic workout, divided into different tracks that provide peaks and troughs of intensity. The overall intensity of a class varies depending on the style you're doing.