



Class Timetable

OPENING TIMES

Monday - Friday 6.00am - 10.00pm
Saturday - Sunday 7.30am - 7.00pm

◀ AM | MIDDAY | PM ▶

Monday	Spin 6.30 - 7.15	Circuits 9.15 - 10.00 Young@Heart 10.00 - 10.45	Upperbody Blast 12.15 - 12.45	Spin 17.15 - 18.00	Abs Blast 18.00 - 18.30	K-Bells 18.30 - 19.15 Spin 18.30 - 19.15	Pump FX 19.15 - 20.00 Pilates 20.00 - 20.45
Tuesday		Body Tone 9.15 - 10.00	Cardio Blast 12.15 - 12.45	Spin 17.15 - 18.00 Pump FX 17.15 - 18.00	LBT 18.00 - 18.45	Beginners TRX 18.45 - 19.15	Yoga 18.45-19.30
Wednesday	Spin 6.30 - 7.15	Spin 9.15 - 10.00 Pilates 10.00 - 10.45	Lowerbody Blast 12.15 - 12.45	Rock Spin 17.15 - 18.00 Body Tone 17.15 - 18.00	Zumba 18.00 - 18.45	Pump FX 18.45 - 19.30	
Thursday		LBT 9.15 - 10.00	Abs Blast 12.15 - 12.45	Spin 17.15 - 18.00	K-bells 18.00 - 18.45	Circuits 18.45 - 19.15	TRX 19.00 - 19.30
Friday	Spin 6.30 - 7.15	Pump FX 9.15 - 10.00	Pilates 12.15 - 13.00	Step 17.15 - 18.00	Pump FX 18.00 - 18.45	Functional Rig 19.00 - 19.45	
Saturday	Spin 8.00 - 8.45	Weekend Warriors 9.00 - 9.45					
Sunday	Spin 9.00 - 9.45						

CLASS DESCRIPTIONS

PLEASE NOTE - ALL CLASSES TAKE PLACE IN THE FITNESS STUDIO UNLESS STATED

K-bells An all over body workout using only a Kettlebell. The most effective way to tone and burn calories.

Spin A high intensity, high calorie burning, fun, indoor group cycling session. **IN SPIN STUDIO**

Blast workouts 30 minutes in the gym either instructor led or following a routine

TRX This suspension training will engage every element of your body and works every muscle - a superb full body workout. **IN MAIN GYM**

Body Tone Tone those muscles you didn't even know you had. Boost your metabolism and get set to TONE!

Step A full body aerobic workout using a step to really tone your butt and thighs. Step is back!

LBT A total lower body workout for all abilities. This will blast your problem areas and tone your Legs, Bum and Tum.

Zumba We take the work out of workout by mixing low and high intensity dance moves for a calorie burning fitness party

Functional Rig A core physical workout for all fitness levels. The class is in the Rig area and incorporates: Krank bike, boxing, battle rope, TRX and much more! **IN MAIN GYM**

Circuits Classic circuit training providing a solid cardio and strength workout.

Pilates This class is designed to sculpt, strengthen and balance your body. The ultimate core workout while focusing your mind.

Yoga This class uses posture and stretches in combination with breathing to develop flexibility and relaxation

Pump FX An all over body weights class that is sure to burn calories and tone muscles. An all over body blitz!

Weekend Warriors an intense gym workout that changes every week to keep you motivated!

Young @ Heart Join us for a low intensity, sociable circuits class to keep you active and healthy.

To book a class visit www.mygymretford.co.uk and login to **membr** or speak to reception