

# Studio Timetable



|              | Monday   | Tuesday  | Wednesday                                | Thursday  | Friday  | Saturday   | Sunday  |
|--------------|--|--|--|---|---|--|---|
| 7.15-7.45am  | Studio Cycling (Rick/Liz)                              | Yoga for Strength & Flexibility <b>NEW!</b><br>(David B) | Studio Cycling (Liz/Rick)                |   |   |  |   |
| 7.45-8am     | Abs & Core Strength                                    |  | Abs & Core Strength                      |   |   |  |   |
| 9.15-10am    | Fitband (Josie)  | Studio Cycling, Core & Stretch<br>(David B)              | Cardio HIIT<br>(David C)                 | Studio Cycling, Core & Stretch<br>(Liz)   | Studio Cycling, Core & Stretch<br>(Rick)  | Studio Cycling, Core & Stretch<br>(Chelsea)                  | 9.30-10.30<br>Yoga Flow<br>(Sarah)                              |
| 10-11am      | Total Tone (Josie)                                     | COMMUNITY CLASS EASY RHYTHMS (Liz/Nicky)                 | Total Tone (Jan)                         | Post Natal Pilates EXTERNAL CLASS   | Total Tone (Josie)  | Zumba (Nicky)  |   |
| 11-12 noon   | Zumba Gold EXTERNAL CLASS (Nicky)                      | COMMUNITY CLASS EASY RHYTHMS (Liz/Nicky)                 | Mumfit EXTERNAL CLASS                    | COMMUNITY CLASS (Liz)   | Zumba Gold EXTERNAL CLASS (Nicky)   | Studio Cycling (Interval)-45 mins<br>(Rick)                  | DDMIX<br>(Bethan)   |
| 12.30-1.15pm | Studio Cycling & Kettlebell Workout (Liz)              | Yoga for Strength & Flexibility<br>(David B)             | Studio Cycling, Core & Stretch<br>(Rick) | 12.45-1.30 Studio Pilates<br>(Sarah)  | Yoga for Strength & Flexibility<br>(David B)  | 12-12.45 TRIAL CLASS Studio Cycling, Core & Stretch<br>(Liz) |   |
| 1.15-2pm     | Yoga for Strength & Flexibility (Barry)                |  |  | 1.30-2.30 Post Natal Pilates EXTERNAL CLASS   | Fitband <b>NEW</b> (Josie)  | 1-1.45 Studio Pilates <b>NEW!</b><br>(Yasmin)                | 4.45-5.30<br>Studio Cycling, Core & Stretch (Liz/Rick)          |
| 5pm          |  |  |  |   |   |  |   |
| 5.30pm       | Studio Cycling (Liz)                                   |  |  |   |   |  | 5.30-6.15<br>Body Max (Liz/Rick)                                |
| 5.45pm       |  | Legs, Bums & Tums<br>(Jan)                               | Studio Cycling (Interval)<br>(Liz)       | TRIAL CLASS FORMATS Body Bench & Core / Step & Core—Check Booking System (Rick/Liz) | HIIT (Dave C/Rick)  |  |   |
| 6pm          | Core Strength on the Fitball (Liz)                     |  |  |   |   |  |   |
| 6.15pm       |  |  |  |   |   |  |   |
| 6.30pm       | HIIT (45 mins) (Rick)                                  | Studio Cycling SQT<br>(Jo)                               | Box a Circuit<br>(Dave C/Rick)           | Studio Pilates<br>(Yasmin)  | Studio Pilates <b>NEW!</b><br>(Yasmin)  |  | External Class—not bookable through NLTC—additional fee payable |
| 7.15pm       |  | Yoga for Strength & Flexibility <b>NEW!</b><br>(Barry)   | HIIT<br>(Dave C)                         | yogAsana<br>(Granville)<br>(7.15-8.15pm)  | Kung Fu<br>(7.30-9pm)   |  |   |
| 7.30pm       | Circuits/Bootcamp/ Kettlebell (3 week cycle)<br>(Rick) |  |  |   | To book go to <a href="http://www.thenorthern.co.uk">www.thenorthern.co.uk</a> or phone 0161 445 3093 |  | Beg/All   |
| 8pm          |  | Kung Fu<br>(8.30-10pm)                                   | Zumba (Nicky) (8-8.45pm)                 |   | <i>(Subject to change &amp; alteration)</i>   |  | All   |
| 8.30pm       | Martial Arts (8.45-10.15pm)                            |  | Martial Arts (9-10pm)                    |   |   |  | All/Int   |
|              | From 7.30pm Women's Running                            |  | From 6.30pm Northern Running             |   |   |  | January 2019  |