

GROUP EXERCISE TIMETABLE

ST ALBANS CAMPUS



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7.00AM	28 REVIVE BOOTCAMP		28 REVIVE BOOTCAMP	VU30 - CIRCUIT	VU30- AB & STRETCH	
9:00AM						FUNCTIONAL BURNOUT
10:00AM			VU CORE CONTROL	MASTERMOVERS ADVANCED		
12:00PM	VU30 - HIIT	VU30 - BOXFIT	VU30 - CIRCUIT		VU30 - BOXFIT	
2:00PM	MASTERMOVERS					
5.30PM		BOXFIT		HIIT		
6.00PM	STRENGTH & CONDITIONING		STRENGTH & CONDITIONING			



VVU30 CLASSES

Description: Half an hour to get your heart rate up! Set the intensity to your individual level with a variety of ways to increase your cardio and metabolic expenses Incorporating running, skipping, cardio equipment and more in the style of circuit and HIIT (30mins)

FUNCTIONAL BURNOUT

Description: A fat-burning class that uses a range of equipment to give you the fastest way to tone and condition muscles. This high energy class is suitable for all abilities to improve fitness and muscle tone. Kettlebell, TRX, machine and free weights are just an insight to the class. (60mins)

VUCORE CONTROL (COTA 50+)

Description: A slow intensity class that incorporates the art of pilates to strengthen core and pelvic control to help support your lower back and improve your posture Exercises will include swiss ball and floor exercises. (45mins)

STRENGTH & CONDITIONING

Description: If you are looking to increase your strength, have a competition or season that you need to get fit for or are looking for a session that focuses on technique while making you work, then this class is for you! There will be barbell work, interval training and a couple of surprises along the way (60mins)

BOXFIT

Description: A fun, interactive cardiovascular workout aiding to increase fitness, core strength, hand-eye coordination and will help you to destress. Incorporating boxing moves and a variety of other cardiovascular training (45mins)

HIIT

Description: Combining a higher intensity workout with intermitted rest and recovery It is designed to improve your power, strength, reflexes, agility, sporting performance and more. A great way to get physically active and sweaty! (45mins)

MASTER MOVERS (COTA 50+)

Description: Master Movers is a gentle exercise class focussing on improving your co-ordination, cardio, balance and strength a little bit at a time. The Master Movers Class may also be suitable if you have a health condition. (45mins)

MASTER MOVERS ADVANCED (COTA 50+)

Description: This is a progression class from the above developing the 5 elements of fitness with weights, resistance bands, and machines. Participants must be screened prior to attending class. (45mins)