

# CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18:00 - 18:30 <b>GYM INDUCTION</b> GYM	19:00 - 19:30 <b>GYM INDUCTION</b> GYM	19:00 - 19:45 <b>YOGA FOR EVERYONE</b> STUDIO	19:00 - 19:30 <b>CORE BLAST</b> STUDIO	19:00 - 19:30 <b>GYM INDUCTION</b> GYM	10:45 - 11:45 <b>CIRCUITS</b> STUDIO
18:30 - 19:00 <b>HIIT FUSION</b> STUDIO	19:30 - 20:15 <b>LEG DAY</b> STUDIO	20:00 - 20:30 <b>GYM INDUCTION</b> GYM	19:30 - 20:00 <b>PT TRIAL SESSION</b> GYM	19:30 - 20:00 <b>PT TRIAL SESSION</b> GYM	12:00 - 12:30 <b>GYM INDUCTION</b> GYM
19:00 - 19:30 <b>GYM INDUCTION</b> GYM		20:30 - 21:00 <b>PT TRIAL SESSION</b> GYM			13:00 - 13:30 <b>PT TRIAL SESSION</b> GYM

## CIRCUIT TRAINING

Circuit training is a form of body conditioning that involves endurance training, resistance training, high-intensity aerobics, and exercises performed in a circuit, similar to high-intensity interval training

## CORE

This class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles and increase flexibility. ... The instructor may include a variety of equipment in this great workout.

## HIIT FUSION

HIIT classes involve high-intensity bursts of work with only short rest periods in between, so going to a HIIT class is an exercise in extreme energy expenditure.

## YOGA FOR EVERYONE

The beauty of yoga is that you don't have to be a yogi or yogini to reap the benefits. Whether you are young or old, overweight or fit, yoga has the power to calm the mind and strengthen the body. Don't be intimidated by yoga terminology, fancy yoga studios and complicated poses. Yoga is for everyone. The benefits of a regular yoga practice are wide-ranging. In general, a complete yoga workout can help keep your back and joints healthy, improve your overall posture, stretch and strengthen muscles and improve your balance.

*dare to be different*

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