

Exercise Class Timetable – June 2017

The below timetable is valid from Monday 5th June 2017.

		Exercise Class		Exercise Class Descriptions	
Monday	7.00am	K-Fit		K-Fit	A 45 minute body-sculpting class using kettlebells and different training techniques for a full body workout.
	1.05pm	BOOTCAMP		Tabata	High intensity training that increases aerobic & anaerobic capacity, and produces maximum results in minimum time.
	1.05pm	Studio Cycling		Studio Cycling	Using a combination of hills, sprints, static holds and climbs. This class will improve your cardiovascular fitness and endurance.
	5.15pm	HIIT		Studio Resistance	Using barbells, dumbbells and kettlebells this class will give you a full body, muscle burning workout using strength and toning techniques.
	6.15pm	Tabata		Zumba	A class for everyone - It's basically "exercise in disguise" - you'll be having too much fun to realise you're actually exercising!
Tuesday	7.00am	Studio Cycling		HIIT	A 45 minute bodyweight class using high intense interval training techniques for an all-over body workout.
	12.05pm	HIIT		Circuits	Sessions vary weekly using a combination of bodyweight and equipment based exercises to give you a full body workout.
	1.05pm	Studio Resistance		Fitness Pilates	Increases muscular balance and strength, improves posture and aids everyday activities / functioning.
	5.15pm	Studio Cycling		F.B.C	A 45 minute bootcamp inspired class using a variety of kit such as tyres, crash mats, battlerope, suspension trainers, and lots more!
	6.15pm	Zumba		BOOTCAMP	A six week programme of three lunchtime classes a week which is not included as part of the class package, separate fee's apply.
	6.15pm	HIIT			
Wednesday	7.00am	Circuits (1 hour)			
	7.00am	Circuits			
	12.05pm	K-Fit			
	1.05pm	BOOTCAMP			
	1.05pm	Fitness Pilates			
	5.15pm	F.B.C			
Thursday	6.15pm	K-Fit			
	7.00am	HIIT			
	12.05pm	Circuits			
	1.05pm	Zumba			
	5.15pm	Circuits			
	6.15pm	Studio Cycling			
Friday	7.15pm	Tabata			
	7.00am	Studio Resistance			
	12.05pm	Tabata			
	1.05pm	BOOTCAMP			
	5.15pm	F.B.C			
Saturday	6.30pm	Studio Resistance			
Saturday	10.15am	F.B.C			
Sunday	10.15am	Tabata			

Code:

	Cardio
	Mixed
	Resistance
	Low Intensity

Pricing:

Exercise Class (single)	£5.00
Exercise Class Pass (morning classes)	£15.00
Exercise Class Pass (all classes)	£30.00
BOOTCAMP	£50.00

Notes:

Classes must be booked in advance and are subject to availability. If you are unable to attend a class, please cancel at least 3 hours before it is due to start to allow your space to be filled. We will be monitoring regular class goes for no shows / late cancellations, and action will be taken to ensure a fair opportunity is given to all participants attending classes with us.

the park
Health & Fitness

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