

Times	Studio	7.00 - 9.30	9.30 - 10.25	10.30 - 11.25	11.30 - 12.25	12.30 - 17.30	17.30 - 18.25	18.30 - 19.25	19.30 - 20.25	20.30 - 21.30
MON	1	Prime Movers 8.30 - 9.10	Aerotone	Body Conditioning 10.30 - 11.25	Yoga & Meditation 11.40 - 12.40		Body Combat 18.00 - 19.00	Body Pump 19.00 - 20.00		
	2		Prime Movers 9.15 - 10.00	Pilates	Body Balance	Fitness Pilates 13.30 - 14.25		Pilates	Yoga & Relaxation 19.30 - 20.30	
	3 & Pool	HIIT spin 6.45 - 7.15	spin 9.45 - 10.30	Aqua Fit 9.30-10.10	Aqua 10.15 - 11.00	spin 10.30-11.15		spin 18.00 - 18.45	spin 18.45 - 19.30	spin 19.30 - 20.15
TUES	1	Body Pump 6.45 - 7.45	Body Combat	Fit Drum	Body Pump 11.30 - 12.15	Vini Yoga 12.30 - 13.25	Zumba 18.00 - 18.55	Metafit & Abs 19.00 - 19.45	Functional Circuits 20.00 - 21.00	
	2	Fitness Pilates 8.45 - 9.25	Fitness Pilates	Body Balance	Prime Movers 11.30 - 12.15		Pilates 18.00 - 18.45	Stretch & Tone 19.00 - 19.45		
	3 & Pool		spin 9.45 - 10.30	Aqua Fit 9.30 - 10.15	SPRINT 10.30 - 11.00		RPM 18.15 - 19.00	RPM 19.00 - 19.45	Aqua Fit 19.00 - 19.45	+
WEDS	1	Body Pump 8.45 - 9.25	Body Pump 9.30-10.25	GRIT 10.40 - 11.10	Zumba 11.15 - 12.00	Pilates 12.15 - 13.15	Vini Yoga 14.30 - 15.30	Clubbercise 18.15 - 19.15	Body Combat 19.15 - 20.00	Body Pump Express 20.00 - 20.30
	2		Yoga	Prime Movers 10.45 - 11.40					Body Balance 18.30 - 19.25	Yoga
	3 & Pool	spin 6.45 - 7.30	spin 9.45 - 10.30	Aqua Fit 9.30 - 10.15	spin 10.30 - 11.15			HIIT spin 17.30-18.00	spin 18.15-19.00	HIIT spin 19.00 - 19.30
THUR	1	Prime Movers 8.30 - 9.15	Body Combat	Body Balance	Fit Drum 11.30 - 12.30	Zumba Gold 12.35 - 13.25	Body Combat 18.00 - 19.00	Body Pump 19.00 - 20.00		
	2		Pilates	Body Conditioning 10.30 - 11.15	Zumba 11.15 - 12.00	Yoga & Meditation 12.15 - 13.15		Pilates 19.00 - 20.00	Body Balance 20.00 - 20.45	
	3 & Pool	spin 7.00 - 7.45	spin 9.45 - 10.30	Aqua 9.30 - 10.15	spin 10.30 - 11.15		Aqua Fit 13.30 - 14.15	spin 18.15-18.55	spin 19.00 - 19.45	
FRI	1	GRIT 7.00 - 7.30	Functional Circuits	Body Pump		Pilates 12.40 - 13.40	Body Conditioning 18.15 - 19.00	Metafit 19.00 - 19.30		
	2		Core Stability 9.15 - 10.15		Body Balance 11.30 - 12.30			Fitness Pilates		
	3 & Pool	spin 9.00 - 9.45	spin 9.45 - 10.30	spin 10.30 - 11.15	Aqua Fit 10.30 - 11.15			HIIT spin 19.00 - 19.30		
SAT	1	Body Pump 9.15 - 10.15	Aerotone 10.15 - 11.00	Fitness Pilates 11.00 - 12.00				<p>*Members must book a 15 minute studio technique session for spin & body pump before attending their first class. This session can be booked in the Gym at a time suitable for you.</p> <p>Bookings can be made up to seven days in advance of the class, in person or by telephone or online. Numbers are limited. Please make every effort to cancel your classes online or via the club reception.</p> <p>Book online at: www.lichfieldgolfandcountryclub.com</p> <p>Outdoor Classes - please wear appropriate attire to suit weather conditions</p>		
	2									
	3	spin 8.45 - 9.30	spin 9.30 - 10.10							
SUN	1	Body Balance 9.00 - 9.55	Body Pump 10.00 - 11.00	Zumba 11.00 - 11.45						
	2									
	3	spin 9.00 - 9.45	HIIT spin 9.50 - 10.20				Aqua Fit 13.00 - 13.45			

Lichfield Class Descriptions		DURATION	EXERCISE TYPE	BURN RATE	EQUIPMENT	MUSIC	RESULTS
	LES MILLS GRIT SERIES	30mins	high intensity interval training	up to 400 kcals	bar & plates mat & step	up and coming new music	improves strength, increases lean muscle burns calories after you workout!
	AEROTONE	55mins	aerobics to music, light weight or no weights for toning	avg. 500 kcals	hand weights	upbeat & motivating tunes to dance and tone the body	improves co-ordination, heart and lung fitness, tones the body
	BODY COMBAT	55mins	martial arts inspired cardio	avg. 740 kcals	none	the latest fun & funky tunes	tones & shapes, increases strength & endurance, builds self confidence
	META FIT	30mins	high intensity interval training	up to 600 kcals	none	none	bodyweight training targeting all major muscle groups to burn body fat, increase strength and metabolic rate
	INDOOR BOOTCAMP	60mins	high intensity circuit training	up to 600 kcals	tyres, sand bags, wooden logs, water cannisters, hammers, VIPRs, kettlebells, dumbbells, etc	upbeat & motivating	improves core strength, heart and lung fitness, balance, stability
	PILATES	55mins	holistic	avg. 390 kcals	mat	relaxing & calming music	increases core strength, mobility & flexibility
	YOGA	60/75mins	variety of yoga styles	up to 300 kcals	yoga mat	relaxing & calming music	increases core strength
	BODY BALANCE	55mins	inspired by yoga, tai chi & pilates	avg. 390 kcals	yoga mat optional	soulful, calming & inspiring	improves joint flexibility & range of motion tones & shapes, enhances well being
	MEDITATION	30/55mins	holistic	avg. 100 kcals	mat	none	benefits mind & body
	STRETCH & RELAX	45mins	flexibility, mobility & strength	avg. 200 kcals	mat	relaxing & calming music	improves flexibility & mobility, focuses on relaxation through stretch
	BODY PUMP	45/55min	weight based resistant training	avg. 560 kcals	barbell, plate, & height adjustable step	latest hard hitting & inspiring tunes	increases strength & endurance, tones & shapes, helps maintain bone health
	BODY CONDITIONING	55mins	conditioning	avg. 500 kcals	hand weights, steps & mat	motivating tunes	improves muscle strength, upper & lower back and heart & lung fitness
	FUNCTIONAL CIRCUITS	55mins	cardio & conditioning	avg. 650 kcals	hand weights, steps, mats	upbeat tunes	increases upper & lower body strength while maximising heart & lung fitness
	HIIT	45mins	high intensity interval training	avg. 500 kcals	mat, steps & boxing gloves	high energy, inspirational and motivating	bodyweight training targeting all major muscle groups to burn body fat, increase strength and metabolic rate
	PRIME MOVERS	55mins	low impact cardio & strength	avg. 300 kcals	resistance tubes, exercise balls & mats	upbeat	low-impact, whole body workout improves cardio fitness, improves core strength
	spin	45mins	cardio group cycling	avg. 600 kcals	indoor stationary exercise bike	upbeat & motivating tunes taking you on a cycle journey	improves heart & lung fitness, increases strength & endurance
	SPRINT	30mins	HIIT group cycling	300 kcals plus after burn	indoor stationary exercise bike	challenging tracks	achieve fast results, build lean muscle, trains your body to burn fat fast
	RPM	45mins	cardio group cycling	avg. 675 kcals	indoor stationary exercise bike	inspirational music	increases cardiovascular fitness, burn fat tone & shape your legs, hips, & butt
	ZUMBA/ZUMBA GOLD	55mins	dance inspired cardio	avg. 450 kcals	none	latin inspired fitness party	increase heart & lung fitness, improves muscle tone & coordination, increases energy
	FIT DRUM	45/55min	dance inspired cardio	up to 400 kcals	none	lots of your favourite upbeat tunes, old & modern music	improves cardiovascular fitness, brain activity, hand eye coordination, and spatial awareness
	AQUA	45mins	water resistance aerobics	avg. 400 kcals	woggles	upbeat & motivating tunes to dance and tone the body	improves co-ordination, heart and lung fitness, tones the body
	HOTSPOTS	a fantastic opportunity to try new classes allowing flexibility for a variety of classes, especially the addition of the new classes to the timetable. Please check the booking system for class availability.					