

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.15 - 10.15 (S1) Body Pump	7.00 - 8.00 (S1) Iyengar Yoga	7.00 - 7.45 (S1) Body Pump	7.00 - 8.00 (S1) Body Balance	9.00 - 10.25 (S2) Ashtanga Yoga	9.00 - 9.40 (S1) Circuits	
9.30 - 10.15 (S2) spin	9.15 - 10.10 (S1) Dance Fusion	9.15 - 10.00 (S2) spin	9.15 - 10.10 (S1) Hi-Low Aerobics	9.30 - 10.25 (S1) Body Pump	9.45 - 10.45 (S1) Body Combat	9.00 - 10.00 (S1) Body Pump
10.20 - 11.20 (S1) Body Balance	9.30 - 10.30 (S2) Golf Yoga	9.30 - 10.15 (S1) Sh'Bam	10.15 - 11.10 (S1) Pilates Conditioning	10.30 - 11.25 (S1) LBT	10.00 - 10.45 (S2) spin	10.15 - 11.30 (S1) Ashtanga Vinyasa Flow
11.20 - 12.15 (S1) Pilates	10.15 - 11.10 (S1) Body Pump	10.20 - 11.50 (S1) Iyengar Yoga	11.00 - 12.00 (Pool) Aqua	10.45 - 11.45 (S2) Pilates	10.50 - 12.20 (S1) Iyengar Yoga	
12.15 - 13.00 (S1) Pilates	11.10 - 12.10 (Pool) Aqua	11.00 - 12.00 (S2) Pilates	11.15 - 12.15 (S1) Hatha Yoga	11.30 - 12.30 (S1) Body Balance	12.00 - 18.00 (Pool) Children's Swimming Lessons	
12.30 - 13.30 (Pool) Aqua	11.15 - 12.00 (S1) Body Combat	12.00 - 12.45 (S1) LBT		12.30 - 13.15 (Pool) Aqua Circuits		
13.00 - 14.30 (S1) Iyengar Yoga	12.00 - 13.00 (S1) Hotspot	12.45 - 13.30 (S1) Mind & Body	13.00 - 14.00 (S1) Pilates	12.45 - 13.30 (S1) Mind & Body	15.00 - 18.00 (Pool) Family Swim	15.00 - 18.00 (Pool) Family Swim
	13.15 - 14.15 (S1) Tai Chi					
17.45 - 18.05 (S1) Core HIIT		17.40 - 18.10 (S1) Metafit	17.30 - 17.55 (S1) Metafit	17.45 - 18.45 (S1) Body Pump	<p>Please book a 15 minute technique session for spin & body pump before attending your first class. This can be booked in the Gym at your convenience.</p> <p>Class bookings are essential and 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 via the club reception.</p> <p>Book online at: www.theclubatmeyrickpark.com</p>	
18.00 - 18.45 (S2) spin	18.00 - 18.55 (S1) Thai Boxing Circuits	18.00 - 19.00 (S2) Pilates	18.00 - 19.00 (S1) Ashtanga Vinyasa Flow	18.00 - 18.45 (S2) Spin		
18.15 - 19.10 (S1) Body Pump	18.30 - 19.15 (S2) spin	18.10 - 19.10 (S1) Body Pump	18.15 - 19.00 (S2) spin	18.45 - 19.45 (S1) Pilates		
19.15 - 19.45 (S1) Metafit	19.00 - 20.00 (S1) Body Balance	19.15 - 20.00 (S1) Functional Pilates	19.00 - 19.45 (S1) Sh'Bam			
20.00 - 21.15 (S1) Iyengar Yoga		20.00 - 21.15 (S1) Hatha Yoga	19.45 - 20.45 (S1) Pilates			

Please note all classes are for all abilities to attend. Instructors will give alternatives and adaptations to exercises to suit all levels. Please inform your instructor if you are new to a class. Prior to classes commencing you must please check in at Reception. The Club reserves the right to substitute instructors and change class and times, when and if the need arises.

Meyrick Park Class Descriptions	DURATION	EXERCISE TYPE	BURN RATE	EQUIPMENT	MUSIC	RESULTS	
	LEGS BUMS & TUMS	45mins	aerobics to music, light weight or no weights for toning	avg. 400 kcals	dumbbells, bodyweight, mat	upbeat & motivating tunes to dance and tone the body	improves co-ordination, heart and lung fitness, tones the body
	HI LOW AEROBICS	55mins	aerobics to music, light weight or no weights for toning	avg. 450 kcals	none	the latest inspirational and motivational tunes	improves heart & lung fitness increases muscle strength and tone
	BODY COMBAT	45/60mins	martial arts inspired cardio	avg. 740 kcals	none	the latest fun & funky tunes	tones & shapes, increases strength & endurance, builds self confidence
	METAFIT	30mins	high intensity interval training	up to 600 kcals	none	upbeat and dynamic tunes to help motivate you	bodyweight training targeting all major muscle groups to burn body fat, increase strength and metabolic rate
	PILATES	55mins	holistic	avg. 390 kcals	mat/band	relaxing & calming music	increases core strength, mobility & flexibility
	YOGA	60/90mins	variety of yoga styles	avg. 300 kcals	mat/band/block	relaxing & calming music	increases core strength, improves joint flexibility & range of motion, enhances well being
	TAI CHI	55mins	martial arts inspired holistic	avg. 200 kcals	mat	none	improves balance & general mobility increases muscle strength in the legs
	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
	MIND & BODY	45mins	low intensity aerobic & conditioning	up to 250 kcals	hand weights & mat	a mix of old & new tunes	improves joint mobility and tones all over, increases heart and lung fitness
	BODY PUMP	45/55mins	weight based resistance training	avg. 560 kcals	barbell, plate, & height adjustable step	latest hard hitting & inspiring tunes	increases strength & endurance, tones & shapes, helps maintain bone health
	CORE HIIT	20mins	conditioning	avg. 150 kcals	mat	upbeat & motivating	improves core stability and conditions abs
	THAI BOXING CIRCUITS	55mins	cardio & conditioning	avg. 650 kcals	box gloves, mitts & mat	highly motivating tunes	increases heart & lung fitness, increases core, upper & lower body strength
	spin	30/45mins	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
	SH'BAM	45mins	moderate intensity dance inspired cardio	up to 506 kcals	none	chart topping popular hits	fat burning, improves co-ordination, have fun & improves cardiovascular fitness
	DANCE FUSION	55mins	low impact cardio	up to 350 kcals	none	dance music of all styles	improves coordination & cardiovascular fitness gives you the feel of being in a dancing group
	AQUA	45/60mins	water resistance aerobics	avg. 400 kcals	woggles, dumbbells	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.						