

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00 - 7.45 (S1) <b>Group Cycle</b>	7.00 - 8.00 (S1) <b>Body Balance</b>	7.00 - 7.45 (S1) <b>Group Cycle</b>	7.00 - 7.45 (S1) <b>Body Pump</b>	7.00 - 7.45 (S1) <b>Pilates</b>	9.00 - 9.45 (S1) <b>Body Pump</b>	8.30 - 9.15 (S1) <b>Group Cycle</b>
9.30-10.25 (S1) <b>Body Pump</b>	9.15 - 10.00 (S1) <b>Body Conditioning</b>	8.00 - 8.45 (S1) <b>Pure Stretch</b>	9.30 - 10.30 (S1) <b>Cardio Conditioning</b>	9.30 - 10.15 (S1) <b>Step</b>	9.50 - 10.35 (S1) <b>Circuits</b>	9.30 - 10.15 (S1) <b>Body Pump</b>
10.30 - 11.15 (S2) <b>Fit Steps</b>	10.15 - 11.00 (S1) <b>Body Attack</b>	9.30 - 10.25 (S1) <b>Body Pump</b>	10.00 -10.45 (S2) <b>Tai Chi</b>	10.30 - 11.15 (S1) <b>LBT</b>	10.00 - 10.45 (Pool) <b>Aqua</b>	10.30 - 11.30 (S1) <b>PiYo</b>
10.30-11.15 (S1) <b>Body Attack</b>	10.30 - 11.15 (S2) <b>Pilates</b>	9.30 - 10.25 (S2) <b>Pilates</b>	10.30 -11.15 (Pool) <b>Aqua</b>	12.15 - 13.00 (S1) <b>Fit and Fun</b>	10.45 - 11.30 (S1) <b>Group Cycle</b>	11.30 - 12.30 (S1) <b>Pilates</b>
11.15 - 12.00 (S1) <b>Fit Steps</b>	11.15 - 12.00 (S1) <b>Low Energy Group Cycle</b>	10.30 - 11.25 (S1) <b>Dance</b>	10.45 - 11.45 (S1) <b>Advanced Hatha Yoga</b>	13.00 - 14.00 (S1) <b>Pilates</b>	11.45 - 12.30 (S1) <b>Pure Stretch</b>	12.30 - 13.30 (S1) <b>Zumba</b>
11.30 - 12.15 (Pool) <b>Aqua</b>	12.30-13.00 (Gym Floor) <b>Ab Attack</b>	11.00 - 11.45 (Pool) <b>Aqua</b>	11.45 - 12.45 (S1) <b>Pilates</b>			
12.15 - 13.15 (S1) <b>Hatha Yoga (Integral)</b>	13.00-14.00 <b>Get into Golf</b>	11.30 - 12.45 (S1) <b>Hatha Yoga</b>	12.30-13.00 (Gym Floor) <b>Ab Attack</b>			
	13.30-14.30 (S1) <b>Yoga</b>					
17.45 - 18.30 (S1) <b>PiYo</b>	17.30 - 18.15 (S2) <b>Fit and Fun</b>	14.00 - 14.45 (Pool) <b>Aqua</b>	17.25 - 18.10 (S1) <b>Pure Stretch</b>	17.30 - 18.15 (S1) <b>Group Cycle</b>	<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><b>Book online at:</b> <a href="http://www.witney-lakes.co.uk">www.witney-lakes.co.uk</a></p> <p>Outdoor Classes - please wear appropriate attire to suit weather conditions</p>	
18.30 - 19.15 (S2) <b>HIIT &amp; ABS</b>	17.30 - 18.15 (S1) <b>Body Pump</b>	17.30 - 18.15 (S2) <b>Zumba</b>	18.15 - 19.00 (S1) <b>Body Attack</b>	18.30 - 19.30 (S1) <b>Zumba</b>		
18.40 - 19.25 (S1) <b>Group Cycle</b>	18.15 - 19.00 (S1) <b>Body Attack</b>	17.45 - 18.30 (S1) <b>Boxing Circuits</b>	18.45 - 19.30 (Pool) <b>Aqua</b>			
19.15 - 20.00 (S2) <b>Tai Chi &amp; Stretch</b>	19.15 - 20.00 (S1) <b>Group Cycle</b>	18.40-19.25 (S1) <b>Group Cycle</b>	19.10 - 19.55 (S1) <b>Group Cycle</b>			
19.30 - 20.25 (S1) <b>Body Pump</b>	20.15 - 21.15 (S1) <b>Pilates</b>	19.30 - 19.55 (S1) <b>HIIT</b>	20.00 - 20.45 (S1) <b>Body Pump</b>			
		20.00 - 21.00 (S1) <b>Body Balance</b>				

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.

Witney Lakes Class Descriptions		DURATION	EXERCISE TYPE	BURN RATE	EQUIPMENT	MUSIC	RESULTS
	<b>BODY ATTACK</b>	45mins	sports-inspired cardio	up to 735 kcals	none	the latest fun & hard hitting tunes	improves agility, coordination, strength, endurance & cardio fitness
	<b>STEP</b>	45mins	step based cardio	up to 600 kcals	height adjustable step	upbeat & motivating tunes	improves coordination, cardio fitness & tones the body
	<b>LBT</b>	45mins	cardio & conditioning	up to 500 kcals	hand weights	upbeat & motivating tunes to dance and tone the body	improves coordination, cardio fitness & tones the body
	<b>CARDIO CONDITIONING</b>	55mins	mixture of aerobic and strength work	up to 500 kcals	hand weights & step	upbeat & motivating tunes to dance and tone the body	improves coordination, cardio fitness & tones the body
	<b>PILATES</b>	45/55mins	holistic	up to 350 kcals	mat	relaxing & calming music	improves core strength, mobility & flexibility
	<b>PURE STRETCH</b>	45mins	flexibility, mobility & strength	up to 200 kcals	mat	relaxing & calming music	improves flexibility & mobility focuses on relaxation through stretch
	<b>HATHA YOGA</b>	55mins	holistic	up to 375 kcals	yoga mat	relaxing & calming music	increases core strength
	<b>BODY BALANCE</b>	55mins	inspired by yoga, tai chi & pilates	up to 390 kcals	yoga mat optional	soulful, calming & inspiring	improves flexibility, mobility, muscle tone & enhances well being
	<b>TAI CHI &amp; STRETCH</b>	45mins	flexibility, mobility & strength	up to 200 kcals	mat	relaxing & calming music	improves flexibility & mobility
	<b>AB ATTACK</b>	30mins	conditioning	up to 150 kcals	functional kit	upbeat & motivating	improves core stability and conditions abs
	<b>CIRCUITS</b>	45mins	cardio & conditioning	up to 500 kcals	hand weights, steps, mats	upbeat tunes	improves coordination, strength & cardio fitness
	<b>BODY PUMP</b>	45/55mins	weight based resistant training	up to 560 kcals	barbell, plate, & height adjustable step	latest hard hitting & inspiring tunes	improves strength & endurance, helps shape & tone, helps maintain bone health
	<b>BODY CONDITIONING</b>	45mins	conditioning	up to 500 kcals	hand weights, steps & mat	motivating tunes	improves strength & endurance, helps shape & tone
	<b>BOX CIRCUITS</b>	45mins	cardio & conditioning	up to 500 kcals	gloves, pads, steps	upbeat tunes	increases upper & lower body strength while maximising heart & lung fitness
	<b>PIYO</b>	45/55mins	dynamic infusion of pilates & yoga	up to 450 kcals	none	motivating tunes	improves muscle tone & flexibility
	<b>HIIT</b>	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
	<b>GROUP CYCLE</b>	45mins	cardio group cycling	up to 600 kcals	indoor stationary exercise bike	motivating tunes that take you on a cycle experience	improves cardio fitness, muscle strength & endurance
	<b>FIT AND FUN</b>	55mins	low impact cardio & strength	up to 350 kcals	small exercise balls, resistance tubes and mats	upbeat	improves mobility, cardio fitness & muscle tone
	<b>LOW ENERGY GROUP CYCLE</b>	45mins	cardio group cycling	up to 300 kcals	indoor stationary exercise bike	motivating tunes that take you on a cycle experience	improves cardio fitness, muscle strength & endurance
	<b>DANCE</b>	55mins	low impact cardio	up to 400 kcals	none	dance music of all styles	improves cardio fitness & coordination, gives you the feel of being in a dance group
	<b>FIT STEPS</b>	90mins	Latin and ballroom dance inspired cardio	up to 450 kcals	none	Created by Ian Waite & Natalie Lowe inspired by the BBC show Strictly Come Dancing	improves coordination, cardio fitness & tones the body
	<b>ZUMBA</b>	60mins	dance inspired cardio	up to 450 kcals	none	latin inspired fitness party	improves coordination, cardio fitness & tones the body
	<b>INTERVAL TRAINING</b>	45mins	high intensity interval training	up to 450 kcals	mat	high energy, inspirational and motivating	improves strength, increases lean muscle & burns calories after your workout
	<b>AQUA</b>	45mins	water based cardio & conditioning	up to 400 kcals	woggles	upbeat & motivating tunes	improves coordination, cardio fitness & tones the body