

CLASS TIMETABLE

CREWE HALL CHESHIRE

Spring 2023

MONDAY	Time:	9:15 – 10:00	10:00 – 10:45	10:45 – 11:30	11:30 - 12:15	18:00 – 18:45	19:00 – 19:30
	Class:	AQUA	FUNCTIONAL FITNESS	PILATES	SUPPLE STRENGTH	SPIN	LBT
TUESDAY	Time:	9:00 -9:30	18:15– 18:45	18:45 - 19:30			
	Class:	SPIN	EXPRESS SPIN	PILATES			
WEDNESDAY	Time:	9:30 – 10:00	10:00 – 10:30	10:45 – 11:30	11:30 – 12:15	12:15 – 13:00	19:30 - 20:30
	Class:	CIRCUITS	LBT	PILATES	SUPPLE STRENGTH	AQUA	Yoga
THURSDAY	Time:	09:15-10:00	10:00 – 10:45	19:00 - 19:30	18:30 – 19:15		
	Class:	MEDITATION	FUNCTIONAL FITNESS	BOXERCISE	AQUA		
FRIDAY	Time:	9:30 – 10:00	10:00 – 10:30				
	Class:	SPIN	FUNCTIONAL FITNESS				
SATURDAY	Time:	10:00 – 10:45					
	Class:	Yoga					

SPIN	Moderate to high intense cardio /fat burning using different gradients and intensity
AQUA	Fun aerobics class using the water as your resistant
PILATES	For beginners to advance who can build strength and develop core
BOXERCISE	Cardio workout based on boxing for focus on toning and fitness

LBT	Full abdominal, glute and leg workout that caters for all abilities
FUNCTIONAL FITNESS	Gym floor based circuit training utilizing 360
CIRCUITS	A combination of set exercise with short rest periods
MEDITATION	Breathing techniques that improve mindfulness and achieve a mentally and emotionally clear state of mind