

STUDIO TIMETABLE 2011

Group Fitness is included in your membership except where stated with ££ - these classes/courses are available at an additional cost



Time	Class	Class Type	Instructor	Location
Monday				
0645 - 0715	Xpresso Spin	High Energy	Ben	Studio 2
0930 - 1030	Total Body Workout	Conditioning	Sarah	Studio 1
1000 - 1030	Fusion Fit - NEW EXPRESS CLASS!	High Energy	Ben	Gym Floor
1030 - 1130	50+ Aerobics	Aerobic	Kirsty	Studio 1
1130 - 1230	Zumba	High Energy	Smita	Studio 1
1800 - 1830	Spin (Beginners)	High Energy	Kieran	Studio 2
1800 - 1900	Body Pump	Conditioning	Angie	Studio 1
1830 - 1900	TRX - NEW EXPRESS CLASS!	Conditioning	Kieran	Gym Floor
1900 - 2000	Spin (Intermediates)	High Energy	Jason	Studio 2
1900 - 2000	Total Body Conditioning	Conditioning	Emma	Studio 1
1900 - 2000	Running Club (7 - 10K)	High Energy	Adam	Outdoors
2015 - 2045	Kettlecise (££ Induction required ££) - NEW TIME!	High Energy	Steve	Gym Floor
2000 - 2100	Body Balance	Holistic	Angie	Studio 1
Tuesday				
0645 - 0715	Xpresso Spin	High Energy	Lottie	Studio 1
0715 - 0745	Ab Attack	Conditioning	Lottie	Gym Floor
0930 - 1030	Body Pump	Conditioning	Angie	Studio 1
1030 - 1130	Body Balance	Holistic	Angie	Studio 1
1145 - 1245	Zumba	High Energy	Smita	Studio 1
1200 - 1230	Spinning (General)	High Energy	Adam H	Studio 2
1815 - 1915	Body Combat	High Energy	Maxine	Studio 1
1845 - 1915	Kettlecise (££ Induction required ££) - NEW TIME!	High Energy	Adam	Gym Floor
1915 - 1945	TRX - NEW EXPRESS CLASS!	Conditioning	Maxine	Gym Floor
1915 - 2000	Legs, Bums & Tums	Conditioning	Kirsty	Studio 1
1915 - 2000	Super Spin	High Energy	Ben	Studio 2
2000 - 2100	Zumba	High Energy	Leigh	Studio 3
2000 - 2130	££ All-Box/ Muay Thai ££ - COMING SOON!	Martial Arts	Steve	Studio 1
2000 - 2130	Yoga	Holistic	Laurence	Zone Xtreme
Wednesday				
0645 - 0715	Xpresso Spin	High Energy	Adam	Studio 1
0715 - 0745	TRX - NEW EXPRESS CLASS!	Conditioning	Adam	Gym Floor
0930 - 1030	Legs Bums and Tums	Conditioning	Kirsty	Studio 1
1000 - 1030	Kettlecise (££ Induction required ££)	High Energy	Adam	Gym Floor
1030 - 1130	50+ Aerobics	Aerobic	Kirsty	Studio 1
1800 - 1900	Body Pump	Conditioning	Angie	Studio 1
1900 - 1930	Fusion Fit - NEW EXPRESS CLASS!	High Energy	Adam	Gym Floor
1900 - 2000	Hi-Energy	High Energy	Angie	Studio 1
1930 - 2000	Spin Intense - NEW EXPRESS CLASS!	High Energy	Gym Team	Studio 2
2000 - 2030	Kettlecise (££ Induction required ££) - NEW TIME!	High Energy	Kieran	Gym
2000 - 2100	Zumba	High Energy	Smita	Studio 3
2000 - 2100	Hatha Yoga	Holistic	Kim Lee	Studio 1
Thursday				
0645 - 0715	Xpresso Spin	High Energy	Kieran	Studio 2
0930 - 1000	Kettlecise (££ Induction required ££) - NEW TIME!	High Energy	Kieran	Gym Floor
0930 - 1030	Body Pump	Conditioning	Gemma	Studio 1
1030 - 1130	Body Combat	High Energy	Gemma	Studio 1
1130 - 1200	TRX - NEW EXPRESS CLASS!	Conditioning	Smita	Gym Floor
1145 - 1245	Pilates	Holistic	Louise	Studio 1
1200 - 1230	Spinning (General)	High Energy	Jason	Studio 2
1815 - 1900	Box Fit Circuit	High Energy	Mark	Studio 1
1830 - 1900	TRX - NEW EXPRESS CLASS!	Conditioning	Steve	Gym Floor
1915 - 2000	Running Club (3 - 5K) - NEW TIME!	High Energy	Ben	Outdoors
1900 - 2000	Pilates	Holistic	Louise	Studio 1
1915 - 2000	Spin (Intermediates)	High Energy	Steve	Studio 2
1945 - 2030	Zumba Express - starting 13th October	High Energy	Smita	Zone Xtreme
2000 - 2100	Body Combat	High Energy	Maxine	Studio 1
Friday				
0645 - 0715	Xpresso Spin	High Energy	Maxine	Studio 2
0930 - 1030	Aerolatio	Aerobic	Jeff	Studio 3
1030 - 1130	Strength & Conditioning	Conditioning	Adam H	Studio 1
1130 - 1200	Swiss Ball	Conditioning	Maxine	Studio 1
1200 - 1230	TRX Abs - NEW EXPRESS CLASS!	Conditioning	Maxine	Gym Floor
1200 - 1300	Pilates	Holistic	Louise	Studio 1
1800 - 1830	Kettlecise (££ Induction required ££)	High Energy	Ben	Gym Floor
1830 - 1900	TRX - NEW EXPRESS CLASS!	Conditioning	Ben	Gym Floor
1830 - 2000	££ All-Box ££	Martial Arts	Steve	Studio 1
1900 - 1930	Spin (General) - Starting 7th October	High Energy	Lottie	Studio 2
Saturday				
0915 - 1015	Body Pump	Conditioning	Angie	Studio 1
1015 - 1115	Spin (General)	High Energy	Adam	Studio 2
1015 - 1115	Body Balance	Holistic	Angie	Studio 1
1115 - 1145	Kettlecise (££ Induction required ££)	High Energy	Adam	Gym Floor
1115 - 1145	Hula Fitness	Conditioning	Angie	Studio 1
1145 - 1215	TRX - NEW EXPRESS CLASS!	Conditioning	Steve	Gym Floor
1200 - 1300	Pilates	Holistic	Louise	Studio 1
Sunday				
0900 - 1000	Zumba	High Energy	Smita	Studio 3
0915 - 1000	Spin (General)	High Energy	Mark	Studio 2
1000 - 1100	Box Fit Circuit	High Energy	Mark	Studio 1
1100 - 1130	TRX - Starting 16th October	Conditioning	Smita	Gym Floor

Please arrive 5 minutes before class starts and do not attempt to join a class if you are more than 5 minutes late as you will have missed the warm up and consequently could cause injury to yourself as well as causing disruption to the rest of the class.

You are advised to book in advance to avoid disappointment, however if you do not cancel a class within 1 hour of starting you will be charged a cancellation fee.

You cannot enter a class if you do not have a ticket. For more information see the studio notice board or for bookings please call The Zone on - 020 8641 8343