

Avondale Timetable

November 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spin 30 10.00 - 10.30 <i>Studio 2</i>	Yoga 09.30 - 10.30 <i>Studio 2</i>	Yoga 09.30 - 10.30 <i>Studio 1</i>	KETTFusion 09.30 - 10.30 <i>Studio 1</i>	Triple HIIT 09.30 - 10.00 <i>Studio 2</i>	Pump & Tone 09.00 - 10.00 <i>Studio 1</i>	Spin 10.00 - 10.45 <i>Studio 2</i>
Body Conditioning 10.45 - 11.30 <i>Studio 1</i>	Body Pump 10.15 - 11.15 <i>Studio 1</i>	Spin 30 10.30 - 11.00 <i>Studio 2</i>	Spin & Abs 10.30 - 11.15 <i>Studio 2</i>	Tai Chi for Health 10.45 - 11.30 <i>Studio 1</i>	BLT 10.15 - 11.00 <i>Studio 1</i>	Core 30 11.00 - 11.30 <i>Studio 1</i>
Aqua for Health 12.00 - 12.45 <i>Pool</i>	Tai Chi for Health 11.30 - 12.15 <i>Studio 1</i>	Boxfit 17.45 - 18.30 <i>Studio 2</i>	Tai Chi for Health 12.45 - 13.30 <i>Studio 1</i>	Core 30 11.45 - 12.15 <i>Studio 1</i>	Family Circuit 11.30 - 12.15 <i>Studio 1</i>	Family / Kids Gym 15.45 - 16.30 <i>Gym</i>
Pilates 14.00 - 14.45 <i>Studio 1</i>	Step 18.00 - 18.45 <i>Studio 1</i>	Kettlebell 17.00 - 17.45 <i>Studio 1</i>	Spin 30 17.30 - 18.00 <i>Studio 2</i>	Circuits 18.45 - 19.30 <i>Studio 2</i>		Zumba 17.00 - 17.45 <i>Sports Hall</i>
Spin 30 17.15 - 17.45 <i>Studio 2</i>	HIIT 19.45 - 20.15 <i>Studio 2</i>	Pump & Tone 18.15 - 19.00 <i>Studio 1</i>	BLT 18.15 - 18.45 <i>Studio 1</i>			
BLT 18.00 - 18.45 <i>Studio 1</i>	Yoga 20.15 - 21.15 <i>Studio 1</i>	Clubbercise 19.05 - 19.50 <i>Studio 2</i>	Yogalates 19.15 - 20.00 <i>Sports Hall</i>			
Aqua 18.15 - 19.00 <i>Pool</i>		Combat 45 19.15 - 20.00 <i>Studio 1</i>	Aqua 20.00 - 20.45 <i>Pool</i>			
Zumba 19.00 - 19.45 <i>Studio 1</i>			Zumba 20.15 - 21.00 <i>Sports Hall</i>			

Book your classes online at www.lifeleisure.net or via the Life Leisure app



Key
 Crèche available

- Indoor cycling class
- Muscle toning class
- Aqua class
- Holistic class
- Dance aerobics class
- High energy class
- Fast class
- Family class

SCAN HERE TO RECEIVE FURTHER INFO ON CENTRE ACTIVITIES



Gym Opening Times

Mon - Fri: 07.00 - 22.00
 Sat - Sun: 08.00 - 18.00

Classes

- Aqua** Lively and fun pool based exercise to music class. Excellent for all ages and fitness levels. Great class for those with joint problems and pregnant ladies. (please advise the instructor of pregnancy or injuries before the class).
- Aqua for Health** Lively and fun pool based exercise to music class. Excellent for all ages and fitness levels. Great class for those with joint problems and pregnant ladies. (please advise the instructor of pregnancy or injuries before the class).
- BLT** A fantastic toning, conditioning and aerobics class that targets the Bums, Legs and Tums using body weight and the option to advance your workout with weights and resistance bands.
- Body Conditioning** This class uses the latest body sculpting exercises and will work on every single muscle in the body in order to create the perfect toned body and shape.
- Body Pump** Weight training to choreographed music in the studio. This workout will seriously change the shape of your body. Each body part is worked in turn using a barbell to improve strength and body shape.
- Boxfit** This fantastic class will take your training to another level, to give you a completely different total body workout! Class consists of gloves, pads, bags, core and circuit class moves.
- Circuits** A variety of exercise stations using different pieces of equipment. Alternative exercises given for beginner, intermediate or advanced level. You will perform the exercise for a designated time on each station, when time is up you move along to the next station.
- Clubbercise** If you like the idea of a fitness class that feels more like a night out than a workout, you'll LOVE Clubbercise. Fun, easy-to-follow dance fitness routines using rave glow sticks to club anthems from 90s classics to the latest chart hits taught in a darkened room with disco lights.
- Combat 45** A high energy non-contact martial arts based class to music, jab, knee, kick your way to improving your fitness levels.
- Core 30** A fast and fun way to attack your abs and strengthen your core. This will help improve posture and balance and the all-important waist line. Great to achieve a better toned and functional core.
- Family Circuit** A fun family class based in the studio, set up with variety of exercise stations using different pieces of equipment, you will perform the exercises for a designated time on each station, alternative exercises can be given for beginners, intermediate or advance level.
- Family/Kids Gym** A family session in the gym. A chance to exercise as a family.
- HIIT** High Intensity Interval Training. An advanced form of interval training, with alternating periods of short intense exercise with less intense recovery periods. HIIT is a form of cardiovascular exercise. These short, intense workouts will improve fitness, metabolism and fat burning.
- Kettfusion** KETTfusion is a class that fuses lightweight kettlebells with martial arts exercises to deliver a full body cardio, strength, stamina and conditioning work out.
- Kettlebell** A wonderful conditioning, fat loss, fitness class suitable for all ages and fitness levels using one piece equipment, a kettlebell.
- Pilates** Strength & relaxation for your body and mind. Improves posture with absolute abdominal control. Class enables you to attain a firmer fitter body.
- Pump & Tone** A weight based class designed to build strength while being in a fun environment with great music, in this class you will work your whole body.
- Spin** A fun and fast indoor cycling experience guaranteed to burn maximum calories and improve fitness levels. A highly motivating, non-impact class suitable for all ages and abilities.
- Spin 30** High Intensity Interval Cycling. Bringing a high level of intensity training to our spin classes. Using motivating music this 30 minute class boosts your metabolism and burns calories while improving your cardiovascular fitness using work: rest ratios. Using these intense bursts you will achieve maximum results.
- Spin & Abs** A fun and fast indoor cycling experience guaranteed to burn maximum calories and improve fitness levels with a 15 minute core to finish. A highly motivating, non-impact class suitable for all ages and abilities.
- Step** A fun and challenging class designed to target your legs, bums and tums. Step is a great way to burn fat, shape, tone and build muscles with the additional cardio element in that extra energy is expended when stepping on and off the platform.
- Tai Chi for Health** A relaxation mind and body class great for mental and physical health. Tai chi is known as walking meditation, this class is easy to follow, moves can be adapted it can also be done standing or seated.
- Triple HIIT** This is the next level workout made up of three elements cardio, strength and plyo. This is a new concept in group exercise set in a bespoke studio.
- Yoga** Focuses on bringing the mind and body together. Postures are performed with breathing techniques that make you feel calmer yet energised.
- Zumba** The Latin inspired easy to follow calorie burning dance class. Mixing Salsa, Rumba and funky dance routines.

see reception or call

0161 477 4242

find us on social media