

# CHEADLE STUDIO TIMETABLE

# SEP | DEC 22

## CENTRE OPENING TIMES

Monday - Friday: 6.30am - 10.00pm  
 Saturday: 8.00am - 6.00pm  
 Sunday: 8.00am - 8.00pm

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday                                      | Sunday   |
|---|--|--|---|--|---|--|
| <b>Spin 30</b><br>7.00 - 7.30<br>Studio 2 ●     | <b>HIIT</b><br>7.00 - 7.30<br>Studio 1 ●             | <b>Spin 30</b><br>7.00 - 7.30<br>Studio 2 ●              | <b>Circuits</b><br>7.00 - 7.30<br>Studio 1 ●          | <b>Spin 30</b><br>7.00 - 7.30<br>Studio 2 ●      | <b>Zumba</b><br>9.30 - 10.30<br>Studio 1 ●    | <b>Kettlebells</b><br>9.15 - 10.00<br>Studio 1 ● |
| <b>Pilates</b><br>7.30 - 8.30<br>Studio 1 ○     | <b>KETTFusion</b><br>9.15 - 10.15<br>Studio 1 ●      | <b>BLT</b><br>9.15 - 10.00<br>Studio 1 ●                 | <b>Circuits</b><br>9.15 - 10.00<br>Studio 1 ●         | <b>HIIT</b><br>9.30 - 10.00<br>Studio 1 ●        | <b>Spin 30</b><br>10.00 - 10.30<br>Studio 2 ● | <b>Spin</b><br>10.30 - 11.15<br>Studio 2 ●       |
| <b>Aqua</b><br>8.45 - 9.30<br>Pool ●            | <b>Spin 30</b><br>9.30 - 10.00<br>Studio 2 ●         | <b>Yoga</b><br>10.15 - 11.15<br>Studio 2 ●               | <b>BoxFit</b><br>10.15 - 10.45<br>Gym Floor ●         | <b>Boxercise</b><br>10.15 - 11.15<br>Studio 1 ●  | <b>BLT</b><br>10.45 - 11.30<br>Studio 1 ●     | <b>Circuits</b><br>17.00 - 18.00<br>Studio 1 ●   |
| <b>BLT</b><br>9.15 - 10.00<br>Studio 1 ●        | <b>Hatha Yoga</b><br>10.30 - 11.30<br>Studio 1 ○     | <b>Step n Tone</b><br>10.15 - 11.00<br>Studio 1 ●        | <b>Mums &amp; Tums</b><br>11.30 - 12.30<br>Studio 2 ● | <b>Hatha Yoga</b><br>11.30 - 12.30<br>Studio 1 ○ |   |  |
| <b>Circuits</b><br>10.15 - 11.00<br>Studio 1 ●  | <b>KETTFusion</b><br>17.30 - 18.15<br>Studio 1 ●     | <b>Pilates</b><br>11.15 - 12.15<br>Studio 1 ●            | <b>Pilates</b><br>11.45 - 12.45<br>Studio 1 ●         | <b>Spin</b><br>18.00 - 18.45<br>Studio 2 ●       |   |  |
| <b>Spin 30</b><br>12.30 - 13.00<br>Studio 2 ●   | <b>Spin 30</b><br>18.15 - 18.45<br>Studio 2 ●        | <b>Spin 30</b><br>12.30 - 13.00<br>Studio 2 ●            | <b>Body Pump</b><br>18.00 - 19.00<br>Studio 1 ●       |  |   |  |
| <b>Spin 30</b><br>17.45 - 18.15<br>Studio 2 ●   | <b>Piloga</b><br>19.00 - 19.45<br>Studio 1 ●         | <b>Aqua</b><br>14.00 - 14.45<br>Pool ●                   | <b>Yoga</b><br>19.15 - 20.15<br>Studio 1 ●            |  |   |  |
| <b>Body Pump</b><br>18.20 - 19.20<br>Studio 1 ● | <b>Pregnancy Yoga</b><br>19.00 - 20.00<br>Studio 2 ○ | <b>BoxFit</b><br>17.00 - 17.30<br>Gym Floor ●            |   |  |   |  |
| <b>Boxercise</b><br>19.30 - 20.15<br>Studio 2 ● | <b>Circuits</b><br>20.00 - 20.45<br>Studio 1 ●       | <b>Body Pump</b><br>17.45 - 18.45<br>Studio 1 ●          |   |  |   |  |
| <b>DanceFit</b><br>19.30 - 20.15<br>Studio 1 ●  |  | <b>Spin 30</b><br>18.00 - 18.30<br>Studio 2 ●            |   |  |   |  |
|   |  | <b>Military Boot Camp</b><br>18.45 - 19.45<br>Studio 2 ● |   |  |   |  |
|   |  | <b>Pilates</b><br>19.00 - 19.45<br>Studio 1 ○            |   |  |   |  |
|   |  | <b>Zumba</b><br>20.00 - 21.00<br>Studio 1 ●              |   |  |   |  |

## CLASS KEY

### Indoor Cycling Class

Get ready to burn calories and boost your fitness level in this moderate to high intensity class, designed to improve cardio endurance, lose weight, and strengthen your legs and core. When it comes to group exercise classes, this one is as easy as riding a bike.

### Muscle Toning Class

Start building a better you. The exercises involve completing reps using a choice of weights and are designed to boost your metabolism and burn body fat. This class varies from week to week to keep your body on its toes and ensure you continue to condition, tone, and sculpt your whole body.

### Aqua Class

These classes take place in the swimming pool. These classes are particularly beneficial for individuals that are at entry level fitness if you are recovering for an injury. As the exercises take place in the water there is less pressure on your joints, meaning you can have a great workout, with water as your resistance.

### Holistic Class

Relax, breathe, clear the mind, stretch the body, increase flexibility and tone. These classes are great way to start or finish your day. They are also a great complimentary extra after a high intensity workout to stretch the muscles and wind down.

### Dance Aerobics Class

If you're a fan of dancing, enjoy singing along to great music, while moving your feet, jumping to the beat, and increasing your heart rate all at the same time ... you've found your calling!

### High Energy Class

Ready to take your fitness to the next level .. here you go! You're going to need plenty of water, and maybe even a towel for these classes, while our instructors pick up the pace and make you work.

All classes can be booked online or via the Life Leisure app