

TIME	7:15-08:15	9:45-10:30	10:45-11:45	12:00-12:30	12.35-13.05		18:15-19:00	19:15-20:00	19:00-20:30	19:15-20:00	20:30-21:15	20:10-20:55
Mon	**Ashtanga Yoga All	Combat All	Body Pump All	Spin All Studio 2	Spin All Studio 2		Pilates All	Pilates Beg Studio 2	Hatha Yoga Beg	Aqua All	Zumba All	Spin All Studio 2
	7:15-8:15	9:45-10:30	9.45-10.45 Spin & Abs All	11:45-12:15	11.35-12.35	14:15-15:00	14:30-16:00	18:30-19:30	18:15-19:00	19:30-20:30	20:30-21:30	20:00-20:45
Tues	**Body Balance All	Body Attack All	10.30-11.30 Pilates All	Spin Beg/40+ Studio 2	& 12.45-13.30 Pilates All	Aqua All	**Ashtanga Yoga Beg	Kick Aerobic All	Aqua All	Body Pump All	Body Attack All	Spin All Studio 2
	7:15-8:00	9:30-11:00	11:15-11:40	11:45-12:30	12:30-13:30		18:30-19:30	19:45-20:45	20:45-21:45			
Wed	**Body Combat All	Hatha Yoga Beg	LBT All	**Step Int/Adv	Zumba All		Body Pump All	Body Combat All	Iyengar Based Yoga All			
	9:30-10:30	10:45-11:45	14:45-15:30	14:00-15:00				18:15-19:45	18:30-19:15	19:00-19:45	19:45-20:45	
Thurs	Pump All	Body Combat All	Aqua All	Pilates All				**Ashtanga Yoga All	Swiss Ball All Studio 2	Aqua All	Body Attack All	
	9:00-09:45	10:00-10:45	11:00-12:00	12:00-12:30	12:30-14:00		18:00-19:00	18.15-19.00				
Fri	Spin All	Step All	Body Balance All	Circuits All	**Ashtanga Yoga Int		Body Conditioning All	Spin All Studio 2				
	9:15-10:15	9:45-10:30	10:30-11:15	10:45-11:45	12:00-13:30	14:00-15:00						
Sat	Zumba All	Aqua All	Spin All Studio 2	Body Combat All	Iyengar Yoga **Int	Zumba All						
	9:15-10:15	10:30-11:30	10:30-11:15	11:30-12:30	14:15-15:15	15:15-16:00						
Sun	Body Pump All	Body Combat All	Spin All Studio 2	Body Balance All	Spin & Abs All Studio 2	Aqua All						

As a general guide for the above: All= All levels Beg= Beginner Int = Intermediate Adv = Advanced ** These classes are available to non-members at a cost of £8.20 each

BODY ATTACK: Is a high energy interval training class which combines athletic aerobic movements with strength & stabilization exercises.

BODY COMBAT: Combines powerhouse moves and stances developed from a range of self defence disciplines, including karate, kickboxing, tai chi and Tai Kwon do. It is an empowering, athletic workout that will have you "fighting fit" in record time!

BODY PUMP: A 45-60min non-impact resistance training programme, which utilises barbells and adjustable weights helping to improve muscular strength & endurance. It is a studio based group session which is led by highly skilled, motivating instructors who receive ongoing training to ensure every class is safe, effective and fun. Please note to set up your station before the class starts! (15 min)

BODY BALANCE: You will gain flexibility and improve your posture and core strength in this challenging class through Yoga, Tai Chi and Pilates. BODY BALANCE includes options to suit all abilities.

BODY CONDITIONING: Free weights and body toning class to music. No choreography. Helps reduce body fat and increase muscle definition.

STEP INT/ADV: A choreographed cardiovascular and fat burning workout. Excellent for shaping the lower body.

HATHA YOGA: A yoga class that includes breathing, various postures, relaxation and meditation techniques.

SPIN: A freestyle indoor cycle class with motivating music to drive you through a high calorie burning class. Beginners start with less resistance, and the instructor will be there to help you set the bike up to your requirements. Please note to set up your bike before the class starts! (15 min)

ZUMBA: Are you ready to party yourself into shape? That's exactly what Zumba class is all about. It's an exhilarating, effective easy-to-follow, Latern – inspired, calorie – burning dance class that's moving Sunstone Women towards joy and health.

ASHTANGA YOGA: A dynamic and challenging method of yoga combining various postures together.

IYENGAR YOGA: A straightforward but structured Yoga class – improves posture, flexibility, alignment and general body strength.

KICK AEROBICS: It is an empowering, athletic workout that will have you "fighting fit" in record time! An overall workout!

PILATES: A specialized exercise technique that focuses on core muscle strength (entire trunk of the body). This class is excellent for improving posture & strengthening the back. Also improves flexibility, co-ordination and slims the muscles.

SWISS BALL WORKOUT: Improve balance, core stability & strength

AQUA: An aerobic workout using weights and the water as resistance. Suitable for non-swimmers.

At Sunstone we aim to cater to the needs of all our members. You will find therefore, that our classes come with recommended levels. If you have not exercised for 3 months or more or are trying a new activity you would be advised to go to classes suitable for BEG/ALL.

As your fitness & knowledge improve you may be motivated to try those classes involving more choreography or moves with higher impact. A gym instructor or duty manager will be happy to advise you should you require more advice regarding classes.

This timetable is subject to change!
Feedback from classes is always welcome.
Drop your forms into the suggestions box or speak to the Duty Manager.

Cancellation of classes is required or as soon as possible, there maybe a £5 charge for non cancellation of classes.

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