


















# Mid Suffolk Leisure Centre

## Virtual Group Exercise Programme

KEY  Studio 2

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
06:45 - 07:20				CXWORX™ 				06:45 - 07:20
06:45 - 07:35					RPM™ 			06:45 - 07:35
07:00 - 07:45	RPM™ 							07:00 - 07:45
07:00 - 07:50		Yoga 						07:00 - 07:50
07:15 - 08:00				BODYCOMBAT™ 			RPM™ 	07:15 - 08:00
07:30 - 08:30					RPM™ 			07:30 - 08:30
07:45 - 08:35								07:45 - 08:35
08:00 - 08:35		CXWORX™ 						08:00 - 08:35
08:00 - 08:45	RPM™ 							08:00 - 08:45
08:15 - 08:50			RPM™ 					08:15 - 08:50
09:15 - 09:45							RPM™ 	09:15 - 09:45
10:45 - 11:35			SH'BAM™ 					10:45 - 11:35
11:15 - 11:45		CXWORX™ 						11:15 - 11:45
11:40 - 12:20			BODYCOMBAT™ 					11:40 - 12:20
11:45 - 12:15				CXWORX™ 				11:45 - 12:15
11:50 - 12:50		BODYBALANCE™ 		RPM™ 				11:50 - 12:50
12:40 - 13:10								12:40 - 13:10
13:00 - 13:30					CXWORX™ 	RPM™ 		13:00 - 13:30
13:05 - 13:35		RPM™ 		RPM™ 				13:05 - 13:35
13:15 - 13:45								13:15 - 13:45
13:50 - 14:40				SH'BAM™ 		SH'BAM™ 		13:50 - 14:40
14:05 - 14:55				BODYBALANCE™ 				14:05 - 14:55
15:00 - 15:30								15:00 - 15:30
15:10 - 16:10		BODYCOMBAT™ 						15:10 - 16:10
15:35 - 16:35								15:35 - 16:35
16:15 - 17:05				RPM™ 				16:15 - 17:05
16:25 - 17:15		SH'BAM™ 						16:25 - 17:15
16:30 - 17:20			RPM™ 					16:30 - 17:20
16:40 - 17:10	BODYBALANCE™ 							16:40 - 17:10
17:15 - 17:45				RPM™ 				17:15 - 17:45
18:30 - 19:30							BODYCOMBAT™ 	18:30 - 19:30
18:50 - 19:35		RPM™ 						18:50 - 19:35
20:00 - 20:50							RPM™ 	20:00 - 20:50
20:00 - 20:50		RPM™ 						20:00 - 20:50
20:15 - 21:15						BODYBALANCE™ 		20:15 - 21:15
20:35 - 21:20	RPM™ 							20:35 - 21:20
21:15 - 21:45					CXWORX™ 			21:15 - 21:45

**PLEASE NOTE:**  
 Additional virtual classes may be available during the following times depending on party bookings. For more information you can speak to a member of the front of house or fitness teams. Alternatively, you can refer to our online booking system or **FREE** app.  
 Saturday: 14:45 - 18:00  
 Sunday: 11:00 - 18:00

## Class Descriptions

**BODYBALANCE™** A Yoga, Tai Chi, Pilates workout that will leave you feeling centred and calm. With controlled breathing, concentration and a carefully structured series of stretches, moves and poses, you'll build strength and flexibility.

**BODYCOMBAT™** is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by Martial Arts and draws from a wide array of disciplines such as Karate, Boxing, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors, Strike, Punch, Kick and Kata your way through calories to superior cardio fitness.

**CXWORX™** This is a core workout that looks to tighten those tums and add more definition. This workout will make your abs feel of steel.

**RPM™** An interval based Group Cycling training programme – you will burn up to 500 calories in this workout! Express classes are 30 minutes long!

**SH'BAM™** Featuring simple but seriously hot dance moves, SH'BAM™ is the perfect way to shape up and let out your inner star - even if you're dance challenged! Set to a soundtrack of chart-topping popular hits, familiar classics remixed and modernized Latin beats, SH'BAM™ is the ultimate fun and sociable way to exercise. Each 45-minute SH'BAM™ class is vibrant, unique and varied – a great way to get fit and have fun!

**Yoga** One of the worlds most practiced spiritual disciplines. Developed over thousands of years these sessions concentrate on bringing balance and harmony to both body and mind, through postures and breath. They can help to boost the immune system, encourage relaxation and correct posture alignment.

Tell us how your workout went by using the hashtag **#feelbetterforit**