

K2 Crawley Group Exercise Programme

KEY 1 Studio 1 2 Studio 2 3 Studio 3 4 Conference Rooms 2 & 3
5 Gym 6 Indoor Cycling Studio 7 Main Hall 8 Netball Courts 9 Pool 10 Track
Please check with reception about where classes are located to avoid disappointment.
▼ This is a virtual class, see description below.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
06:30 - 07:30	Myride Fast 6				Myride Coach 6			06:30 - 07:30
07:00 - 07:30	Les Mills GRIT™ 3		Myride Fast 6		CXWORX™ 3			07:00 - 07:30
07:00 - 07:30	Les Mills GRIT™ 3		Myride Fast 6		CXWORX™ 3			07:00 - 07:30
07:00 - 07:45	Kettlebells 5	Group Cycling 6	Kettlebells 5	Group Cycling 6		Les Mills GRIT™ 3	Les Mills GRIT™ 3	07:00 - 07:45
07:00 - 08:00		BODYPUMP™ 3	BODYPUMP™ 3					07:00 - 08:00
07:30 - 08:00								07:30 - 08:00
07:30 - 08:30		Myride World Tour 6				Myride World Tour 6	Myride Fast 6	07:30 - 08:30
07:45 - 08:30	BODYPUMP™ 3			BODYPUMP™ 3	BODYPUMP™ 3			07:45 - 08:30
08:00 - 08:45		Myride World Tour 6						08:00 - 08:45
08:00 - 08:45		BODYCOMBAT™ 3						08:00 - 08:45
08:15 - 09:00						Aqua (Deep) 9		08:15 - 09:00
08:15 - 09:15								08:15 - 09:15
08:30 - 09:15			Aqua (L50+) (Shallow) 9					08:30 - 09:15
09:00 - 09:30			CXWORX™ 3					09:00 - 09:30
09:00 - 10:00						Group Cycling 6		09:00 - 10:00
09:00 - 10:00						Pilates 1		09:00 - 10:00
09:00 - 10:00						Step 2		09:00 - 10:00
09:00 - 10:00						BODYPUMP™ 3		09:00 - 10:00
09:30 - 10:15			Group Cycling 6	Myride World Tour 6	HIIT 3			09:30 - 10:15
09:30 - 10:15			Body Conditioning (L50+) 7		Body Conditioning (L50+) 7			09:30 - 10:15
09:30 - 10:30	Body Conditioning (L50+) 7	Zumba® 2	BODYJAM™ 2		Pilates (L50+) 1			09:30 - 10:30
09:30 - 10:30	BODYJAM™ 2	Circuits 3	BODYCOMBAT™ 3	Pilates 2	Step 2			09:30 - 10:30
09:30 - 10:30	BODYPUMP™ 3			Circuits 3				09:30 - 10:30
09:30 - 11:00		Yoga 1	Yoga 1	Yoga 1				09:30 - 11:00
09:45 - 10:30	Pilates (L50+) 1							09:45 - 10:30
10:00 - 10:45					Myride World Tour 6	BODYCOMBAT™ 3	Group Cycling 6	10:00 - 10:45
10:00 - 11:00					BODYCOMBAT™ 3	BODYATTACK™ 2		10:00 - 11:00
10:15 - 11:00					Pilates (L50+) 1	Group Cycling 6		10:15 - 11:00
10:30 - 11:15	Myride World Tour 6		Myride World Tour 6					10:30 - 11:15
10:30 - 11:15			Pilates (L50+) 3					10:30 - 11:15
10:30 - 11:30		Kettlebells 3						10:30 - 11:30
10:45 - 11:15							CXWORX™ 3	10:45 - 11:15
10:45 - 11:30	Pilates (L50+) 1							10:45 - 11:30
10:45 - 11:45	BODYCOMBAT™ 3							10:45 - 11:45
11:00 - 11:30		Myride Fast 6						11:00 - 11:30
11:00 - 12:00			BODYPUMP™ 2	BODYCOMBAT™ 3	Dance Fitness 2	HIIT 2	BODYBALANCE™ 2	11:00 - 12:00
11:00 - 12:00					BODYPUMP™ 3	Zumba® 3		11:00 - 12:00
11:15 - 12:00					Pilates (L50+) 1			11:15 - 12:00
11:30 - 12:15			Group Cycling (L50+) 6					11:30 - 12:15
11:30 - 13:00				Yoga Gentle 1				11:30 - 13:00
11:45 - 12:30						Bike Active 6		11:45 - 12:30
12:00 - 12:30			Les Mills GRIT™ 3	Core Conditioning 3	Les Mills GRIT™ 3			12:00 - 12:30
12:15 - 13:00					Aqua (Shallow) 9			12:15 - 13:00
12:30 - 13:15	Group Cycling 6	Group Cycling 6		Group Cycling 6				12:30 - 13:15
12:30 - 13:15	BODYBALANCE™ 3	Gentle Aqua (Shallow) 9		BODYATTACK™ 3				12:30 - 13:15
12:30 - 13:15		BODYBALANCE™ 3						12:30 - 13:15
13:00 - 13:45							Myride World Tour 6	13:00 - 13:45
13:00 - 14:00						Myride Coach 6		13:00 - 14:00
13:30 - 14:15		Pilates (L50+) 1						13:30 - 14:15
14:00 - 14:30				Myride Fast 6				14:00 - 14:30
14:15 - 15:00	Myride World Tour 6							14:15 - 15:00
14:30 - 15:00		Myride Coach 6			Myride Fast 6			14:30 - 15:00
14:30 - 15:30								14:30 - 15:30
15:00 - 15:30						Myride Fast 6		15:00 - 15:30
16:00 - 16:45			Myride World Tour 6					16:00 - 16:45
16:00 - 17:00							Myride Coach 6	16:00 - 17:00
17:00 - 17:30		Myride Fast 6						17:00 - 17:30
17:00 - 17:45	Myride Coach 6		Active Circuits 2				BODYBALANCE™ 3	17:00 - 17:45
17:15 - 17:45	Core Conditioning 3							17:15 - 17:45
17:30 - 18:00			CXWORX™ 3	Myride Fast 6				17:30 - 18:00
18:00 - 18:30								18:00 - 18:30
18:00 - 18:45		Group Cycling 6			Group Cycling 6			18:00 - 18:45
18:00 - 19:00	Box - r - circuit 4	Step 2	BODYATTACK™ 2	Box-r-circuit 4	Pilates 1			18:00 - 19:00
18:00 - 19:00	Step 2	HIIT 3	BODYCOMBAT™ 3	Kettlebells 5	BODYPUMP™ 2			18:00 - 19:00
18:00 - 19:00	BODYPUMP™ 3	Running Club 10		Zumba® 2	BODYBALANCE™ 3			18:00 - 19:00
18:00 - 19:00				BODYPUMP™ 3				18:00 - 19:00
18:00 - 19:00				Running Club 10				18:00 - 19:00
18:15 - 19:00	Group Cycling 6							18:15 - 19:00
19:00 - 19:30		CXWORX™ 2						19:00 - 19:30
19:00 - 19:45			Aqua (Shallow) 9		Myride World Tour 6			19:00 - 19:45
19:00 - 20:00	Pilates 4	Pilates 4	Yoga Fitness 2	Female Weightlifting 5				19:00 - 20:00
19:00 - 20:00	Aqua (Shallow) 9	BODYPUMP™ 3	LBT 3	Group Cycling 6				19:00 - 20:00
19:00 - 20:00	BODYBALANCE™ 2			BODYCOMBAT™ 3				19:00 - 20:00
19:00 - 20:00	BODYCOMBAT™ 3							19:00 - 20:00
19:15 - 19:45					CXWORX™ 3			19:15 - 19:45
19:15 - 20:00		Aqua (Shallow) 9	Group Cycling 6					19:15 - 20:00
19:30 - 20:00		Armageddon 2						19:30 - 20:00
20:00 - 20:30	Myride Fast 6			CXWORX™ 3				20:00 - 20:30
20:00 - 21:00	LBT 2	Female Weightlifting 5	BODYBALANCE™ 2	Myride Coach 6				20:00 - 21:00
20:00 - 21:00		Dance Fitness 2						20:00 - 21:00
20:10 - 20:40	Les Mills GRIT™ 3							20:10 - 20:40
20:15 - 21:00		Myride World Tour 6	BODYPUMP™ 3					20:15 - 21:00
20:15 - 21:00		BODYCOMBAT™ 3	Aqua (Deep) 9					20:15 - 21:00
20:15 - 21:00								20:15 - 21:00
20:30 - 21:15			Myride Coach 6					20:30 - 21:15
20:50 - 21:20	CXWORX™ 3							20:50 - 21:20

Class Descriptions

Timetable correct as of September 2019. Any updates to this timetable will be made online at www.everyoneactive.com

CALORIE KILLERS
BODYATTACK™ is the sports - inspired cardio workout for building strength and stamina. This high - energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals – from the weekend athlete to the hardcore competitor!
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, Tae Kwon Do, 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.
Running Club Anyone can do it! Almost anyone can put on a pair of trainers and become a regular runner, although you might need to start with walking, and build up your speed and distance gradually. Jog, Jog or run weekly with like minded people who enjoy the outside environment.
Group Cycling On yer bike! Calories killing at it's best without the stress of any complicated moves. Great music, motivational instructors and a chance to burn up to 450 calories per 30mins will complete your journey to calorie burning heaven.
Les Mills GRIT™ Strength/ Strength & Builds strength and muscle using barbells, plates and the bench to take training to the next level, it blasts all major muscle groups, leaving muscles lean and toned, putting the metabolism into overdrive to burn fat for hours after the workout.
Myride Coach™ An indoor cycling class with a virtual instructor to guide you through your workout. Perfect for all levels of fitness.
Myride Fast™ An indoor cycling class with a virtual coach and a series of different types of 30 minute, high intensity classes which include Gladiator, Armageddon, HIIT and many more.

Myride World Tour™ Is a stunning real world virtual experience with locations on the screen. You will have a virtual coach to help you get the most from your ride.
Step Using simple moves Step allows you to train at the intensity you want without having to think too hard. It features a mixture of interval training followed by muscle conditioning to shape and tone the entire body.
SPECIALITIES
Armageddon is the fast paced, variable intensity group fitness and personal training concept for people of all levels. It is based around a circuit framework, carefully designed to encourage development in your fitness and aids in both fat loss and muscular improvement. The class is a mixture of group fitness Variable Intensity Interval Training (VIIT), Armageddon is not a bootcamp, it is not merely a circuit training class, it is results based variable intensity training programme for everyone.
BODYJAM™ is the cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as breaking a sweat. Funky instructors teach you to move with attitude through this 55 - minute class. So grab a friend, get front and centre, and get high on the feeling of dance.
Box-r-circuit A martial art based fitness session that is fun and non - contact, providing a great workout for all fitness levels. Concentrating on boxing moves in a circuit format, this session will effectively tone the upper body and increase stamina and strength.
Dance Fitness Dance your way to fitness like the stars on TV!! Dance a cheeky Cha Cha, Samba and Jive or an Elegant Waltz, Foxtrot, Saunter. Learn these and so much more. A fun and funky workout mixing dance moves with traditional hi low aerobic moves.

HIIT High Intensity Interval Training session.....to get the maximum workout for the minimum amount of time! HIIT is proven to give the best results, combining high intensity exercises followed by rest, allowing you to work to your own maximum, helping you to get more out of your workout and in less time.....and also increases the rate at which you burn calories post workout!
Kettlebells Total body workout using the latest in fitness equipment – the Kettlebell. This small, bell shaped weight will help tone and strengthen the body with movements designed to work muscles you didn't even know you had!
Zumba® is a spicy hot, hip swivelling workout where African, Caribbean and Latin dance moves are combined with aerobic movements to create a fun and effective work out.
TONING AND STRENGTH
Body Conditioning A challenging workout designed to improve your cardiovascular fitness, muscular strength and physical endurance, delivering all round benefits to every part of the body. Suitable and adaptable to all levels of fitness from beginners to advanced exercisers.
BODYPUMP™ is the original barbell class that strengthens your entire body. This 60 - minute workout challenges all your major muscle groups by using the best weight - room exercises like Squats, Presses, Lifts and Curls. Great music, awesome instructors and your choice of weights inspire you to get the results you came for - and fast!
Circuits Achieve a full body workout, involving both cardiovascular and resistance exercises to motivating music to get you 'real results'.
Core Conditioning improves posture, develops core muscle strength which will boost the effectiveness of workouts and reduce the risk of injuries that side - line our efforts to stay in shape.

CXWORX™ is the 30 - minute personal - training inspired core class. Formulated with a carefully structured, scientific approach and unforgiving intensity. It has been designed to tighten and tone the abs, glutes, back, obliques and 'slings' connecting the upper and lower body, improve functional strength and assist in injury prevention like nothing else. So, CXWORX™ will get you results where it counts the most.
Female Weightlifting Small group, free weights session for ladies. Ideal for ladies who are not sure where to start or simply lack the confidence to step into that area on their own. Alternatively, ideal for improvers who would like to learn some more exercises, gain some tips or have their technique checked.
LBT Legs, Bums and Tums. Get to grips with those wobbly bits! A complete lower body workout for all those problem areas, incorporating the use of hand weights, steps, bars and bands.
Strength and Conditioning A gym class based around the use of resistance bands, to help improve strength, flexibility and mobility.
UNWIND & RE - ENERGISE
BODYBALANCE™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.
Pilates These sessions are designed to concentrate on slow and measured movements in order to create lean and stronger muscles around your torso. A gentle but highly effective session for improving posture, flexibility and preventing injury.

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.
Yoga Fitness Incorporates yoga postures, deep stretching and strength work aimed at improving strength, flexibility, balance and core stability. This class also promotes an improved feeling of wellbeing.
Yoga Gentle You don't need to be able to touch your toes! However flexible you are, whatever age you are, this slow paced class is suitable for beginners, those returning to Yoga after illness, or the less mobile. You are welcome to use a chair rather than get down on the floor.
WATER WORKOUTS
Aqua A fun and invigorating all over body workout in the water designed to effectively burn calories with minimal impact on the body. Great for those who are new or returning to exercise.
Aqua (Deep) Will not run on 50 metre gala days.
YOUNG ADULT SESSIONS
 These are suitable for 11-15 year old customers. These sessions are normally run at term times only. Check with your Group Fitness team for more details.
Active Circuits Achieve a full body workout, involving both cardiovascular and resistance exercises to motivating music to get you 'real results'.
Bike Active Suitable for 11-15years. Want to be the next Chris Hoy, Victoria Pendleton or Bradley Wiggins? Great indoor cycling session that will improve your ability to climb hills, race on the flat and improve your overall fitness. Participants must be over 4'10" to take part.

Studio time is available for hire. Please contact the Centre Reception for details.

Tell us how your workout went by using the hashtag #feelbetterfortit