

Becontree Heath Leisure Centre

Group Exercise Programme

KEY 1 Studio 1 2 Studio 2 3 Pool 4 Sports Hall 5 Group Cycle Studio 6 Main Gym
 v This is a virtual class, see description below.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
06:45 - 07:30	BODYATTACK™ 1	RPM 5 v		HIIT 1	RPM 5 v			06:45 - 07:30
07:00 - 07:30			Group Cycling Express 5					07:00 - 07:30
07:00 - 07:45		Self Defence 1						07:00 - 07:45
08:40 - 09:25	RPM™ 5				RPM™ 5			08:40 - 09:25
09:00 - 09:30							RPM 5 v	09:00 - 09:30
09:00 - 09:45	Aqua 3*	Aqua 3*		Aqua 3*			BODYCOMBAT™ 1	09:00 - 09:45
09:00 - 10:00				BODYCOMBAT™ 1				09:00 - 10:00
09:15 - 10:00		RPM™ 5		RPM™ 5				09:15 - 10:00
09:30 - 10:15		Latinocise 1	BODYATTACK™ 1					09:30 - 10:15
09:30 - 10:30	BODYPUMP™ 1				BODYCOMBAT™ 1			09:30 - 10:30
10:00 - 10:45						RPM™ 5 v		10:00 - 10:45
10:00 - 11:00	Elderberries 4	Elderberries 4		LBT 2			BODYPUMP™ 1	10:00 - 11:00
10:00 - 11:00				Elderberries 4				10:00 - 11:00
10:05 - 10:50				BODYSTEP™ 1			BODYPUMP™ 1	10:05 - 10:50
10:15 - 11:15		BODYCOMBAT™ 1						10:15 - 11:15
10:30 - 11:15			RPM™ 5					10:30 - 11:15
10:30 - 11:30	BODYSTEP™ 1		LBT 1		BODYPUMP™ 1			10:30 - 11:30
10:30 - 11:30			Line Dancing 4					10:30 - 11:30
11:00 - 11:45						BODYSTEP™ 1		11:00 - 11:45
11:00 - 12:00							BODYBALANCE™ 2	11:00 - 12:00
11:15 - 12:00		LBT 2		Pilates 2				11:15 - 12:00
11:30 - 12:00					Fitball 2			11:30 - 12:00
11:30 - 12:15					RPM™ 5 v			11:30 - 12:15
11:30 - 12:30			BODYPUMP™ 1					11:30 - 12:30
11:35 - 12:35			Zumba® 2					11:35 - 12:35
11:45 - 12:30	Pilates 50+ 2							11:45 - 12:30
12:00 - 12:45		RPM 5 v	RPM 5 v					12:00 - 12:45
12:15 - 12:45				RPM 5 v				12:15 - 12:45
12:15 - 13:00	Aqua 3*	Aqua 3*		Aqua 3*				12:15 - 13:00
12:30 - 13:30	Latin Dancing 4							12:30 - 13:30
12:30 - 14:00		Lunchtime Yoga 2						12:30 - 14:00
12:45 - 13:30	Pilates 2							12:45 - 13:30
12:45 - 13:45			Beginners Pilates 2					12:45 - 13:45
13:00 - 13:45							RPM 5 v	13:00 - 13:45
13:00 - 14:00	Ballroom 1		Elderberries 1					13:00 - 14:00
13:30 - 14:15	RPM 5 v							13:30 - 14:15
13:45 - 14:45			Intermediate Pilates 2					13:45 - 14:45
14:00 - 14:45					RPM 5 v		RPM 5 v	14:00 - 14:45
14:00 - 15:00				Line Dancing 1				14:00 - 15:00
15:00 - 15:45				RPM 5 v				15:00 - 15:45
16:00 - 16:45		RPM 5 v						16:00 - 16:45
17:00 - 17:45					RPM™ 5 v			17:00 - 17:45
17:15 - 18:00				BODYPUMP™ Express 1				17:15 - 18:00
17:30 - 18:00			RPM Express 5					17:30 - 18:00
17:30 - 18:15	RPM™ 5							17:30 - 18:15
17:45 - 18:45		BODYJAM™ 1						17:45 - 18:45
18:00 - 18:45	Fit 2 Fite™ 1	RPM™ 2		BODYJAM™ 1			RPM 5 v	18:00 - 18:45
18:05 - 18:50			BODYCOMBAT™ 1					18:05 - 18:50
18:15 - 19:00				RPM™ 5 v				18:15 - 19:00
18:30 - 19:15	Fitball 2							18:30 - 19:15
18:40 - 19:25								18:40 - 19:25
18:45 - 19:30		BODYATTACK™ 1						18:45 - 19:30
18:45 - 19:30		Beginners Pilates 2						18:45 - 19:30
18:50 - 19:30			Total Body Conditioning 1					18:50 - 19:30
19:00 - 19:30		Pure Abs 6						19:00 - 19:30
19:00 - 19:45	RPM 5 v						RPM 5 v	19:00 - 19:45
19:00 - 19:45	BODYPUMP™ 1							19:00 - 19:45
19:00 - 20:00				LBT 1				19:00 - 20:00
19:15 - 19:45				Pure Abs 6				19:15 - 19:45
19:15 - 20:00	LBT 2						Aqua 3	19:15 - 20:00
19:30 - 20:15				Aqua 3				19:30 - 20:15
19:30 - 20:30		Body Conditioning 1	Boxercise™ Kick 2					19:30 - 20:30
19:30 - 21:00		Pilates 2						19:30 - 21:00
19:35 - 20:30			BODYPUMP™ 1					19:35 - 20:30
20:00 - 20:45	BODYBALANCE™ 2							20:00 - 20:45
20:00 - 20:45	BODYSTEP™ 1							20:00 - 20:45
20:15 - 21:00					RPM 5 v			20:15 - 21:00
20:30 - 21:15			RPM 5 v					20:30 - 21:15
21:00 - 21:45	RPM 5 v	RPM 5 v						21:00 - 21:45

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

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

Class Descriptions

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.

BODYSTEP™ is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around it you get huge motivation from sing-along music and approachable instructors. Cardio blocks push fat-burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

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.

RPM™ is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.

SPECIALITIES

Ballroom Dance for fitness and fun, learn how to salsa, tango, waltz, cha cha, samba, rumba and many more, no partner necessary, beginners warmly welcome

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.

Boxercise™ 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.

Elderberries A fun, low intensity, low impact session for older adults who want to work their heart, muscles and increase flexibility, all in one easy to follow class. These sessions vary centre to centre and may include badminton and other activities.

Fit 2 Fite™ A harmonious marriage of martial arts techniques rhythmically synchronised to the finest quality uplifting music to create an energy charged training experience.

Fitball Gain flat abs and a strong back, come and have a ball using our stability balls.

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!

Latin Dancing Calling all Latin lovers! Learn to salsa, meringue, cha cha and mambo in this fun class. Come on your own or with a partner.

Line Dancing Popular country and western dancing for all abilities.

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 workout.

TONING & STRENGTH

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!

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.

Pure Abs A short fun session aimed at honing and toning your stomach muscles.

Total Body Conditioning These fun classes combine cardio and conditioning for a high energy workout, targeting the whole body. These classes are suitable for all levels.

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.

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 class times change during the School Holidays. (9 am Aqua only available during school holidays).

Express CLASSES

Express Class These workouts are a shortened version of the full session and are ideal for those who have limited time or are new to our group exercise experience.

VIRTUAL CLASSES

Virtual classes are movie-like versions of our live group fitness classes – these classes are available in both pre-scheduled sessions and on demand when the studio is free- allowing you to attend at a time which suits your lifestyle. Virtual classes are designed for people who cannot get access to our live classes or who want to get a 'taste' of a class before taking a live class with an instructor. The classes are played on a big video screen, with dimmed lighting and pumping surround sound, and are led onscreen by the people who actually choreograph the classes. There is a variety of virtual programs and class durations available, so check the club's timetable for details and give it a go!

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