Tableau de cours

**Jeu** | **Piscine** | **Salle de sport**
---|---|---
**Mardi**
06:30 - 06:50 | Core Conditioning | Core Conditioning
07:00 - 07:45 | Yoga | Yoga
09:00 - 09:55 | BODYATTACK™ | Tapis
10:00 - 10:55 | Core Conditioning | Core Conditioning
10:45 - 11:30 | BODYCOMBAT™ | BODYCOMBAT™
11:00 - 11:45 | PureStretch | PureStretch
11:55 - 12:40 | Pilates | Pilates
13:30 - 14:25 | Pool | Pool
14:35 - 15:30 | Studio | Studio
15:45 - 16:30 | PILATES | PILATES
16:45 - 17:30 | LBT | LBT
17:45 - 18:30 | INSANITY™ | INSANITY™
18:45 - 19:30 | Circuits | Circuits
19:45 - 20:30 | Zumba® | Zumba®
20:45 - 21:30 | Pilates | Pilates
21:45 - 22:30 | FUSION | FUSION
**Mercredi**
06:30 - 06:50 | Core Conditioning | Core Conditioning
07:00 - 07:45 | Yoga | Yoga
09:00 - 09:55 | BODYATTACK™ | Tapis
10:00 - 10:55 | Core Conditioning | Core Conditioning
10:45 - 11:30 | BODYCOMBAT™ | BODYCOMBAT™
11:00 - 11:45 | PureStretch | PureStretch
11:55 - 12:40 | Pilates | Pilates
13:30 - 14:25 | Pool | Pool
14:35 - 15:30 | Studio | Studio
15:45 - 16:30 | PILATES | PILATES
16:45 - 17:30 | LBT | LBT
17:45 - 18:30 | INSANITY™ | INSANITY™
18:45 - 19:30 | Circuits | Circuits
19:45 - 20:30 | Zumba® | Zumba®
20:45 - 21:30 | Pilates | Pilates
21:45 - 22:30 | FUSION | FUSION
**Jeudi**
06:30 - 06:50 | Core Conditioning | Core Conditioning
07:00 - 07:45 | Yoga | Yoga
09:00 - 09:55 | BODYATTACK™ | Tapis
10:00 - 10:55 | Core Conditioning | Core Conditioning
10:45 - 11:30 | BODYCOMBAT™ | BODYCOMBAT™
11:00 - 11:45 | PureStretch | PureStretch
11:55 - 12:40 | Pilates | Pilates
13:30 - 14:25 | Pool | Pool
14:35 - 15:30 | Studio | Studio
15:45 - 16:30 | PILATES | PILATES
16:45 - 17:30 | LBT | LBT
17:45 - 18:30 | INSANITY™ | INSANITY™
18:45 - 19:30 | Circuits | Circuits
19:45 - 20:30 | Zumba® | Zumba®
20:45 - 21:30 | Pilates | Pilates
21:45 - 22:30 | FUSION | FUSION
**Vendredi**
06:30 - 06:50 | Core Conditioning | Core Conditioning
07:00 - 07:45 | Yoga | Yoga
09:00 - 09:55 | BODYATTACK™ | Tapis
10:00 - 10:55 | Core Conditioning | Core Conditioning
10:45 - 11:30 | BODYCOMBAT™ | BODYCOMBAT™
11:00 - 11:45 | PureStretch | PureStretch
11:55 - 12:40 | Pilates | Pilates
13:30 - 14:25 | Pool | Pool
14:35 - 15:30 | Studio | Studio
15:45 - 16:30 | PILATES | PILATES
16:45 - 17:30 | LBT | LBT
17:45 - 18:30 | INSANITY™ | INSANITY™
18:45 - 19:30 | Circuits | Circuits
19:45 - 20:30 | Zumba® | Zumba®
20:45 - 21:30 | Pilates | Pilates
21:45 - 22:30 | FUSION | FUSION
**Samedi**
06:30 - 06:50 | Core Conditioning | Core Conditioning
07:00 - 07:45 | Yoga | Yoga
09:00 - 09:55 | BODYATTACK™ | Tapis
10:00 - 10:55 | Core Conditioning | Core Conditioning
10:45 - 11:30 | BODYCOMBAT™ | BODYCOMBAT™
11:00 - 11:45 | PureStretch | PureStretch
11:55 - 12:40 | Pilates | Pilates
13:30 - 14:25 | Pool | Pool
14:35 - 15:30 | Studio | Studio
15:45 - 16:30 | PILATES | PILATES
16:45 - 17:30 | LBT | LBT
17:45 - 18:30 | INSANITY™ | INSANITY™
18:45 - 19:30 | Circuits | Circuits
19:45 - 20:30 | Zumba® | Zumba®
20:45 - 21:30 | Pilates | Pilates
21:45 - 22:30 | FUSION | FUSION
**Dimanche**
06:30 - 06:50 | Core Conditioning | Core Conditioning
07:00 - 07:45 | Yoga | Yoga
09:00 - 09:55 | BODYATTACK™ | Tapis
10:00 - 10:55 | Core Conditioning | Core Conditioning
10:45 - 11:30 | BODYCOMBAT™ | BODYCOMBAT™
11:00 - 11:45 | PureStretch | PureStretch
11:55 - 12:40 | Pilates | Pilates
13:30 - 14:25 | Pool | Pool
14:35 - 15:30 | Studio | Studio
15:45 - 16:30 | PILATES | PILATES
16:45 - 17:30 | LBT | LBT
17:45 - 18:30 | INSANITY™ | INSANITY™
18:45 - 19:30 | Circuits | Circuits
19:45 - 20:30 | Zumba® | Zumba®
20:45 - 21:30 | Pilates | Pilates
21:45 - 22:30 | FUSION | FUSION

**Class Descriptions**

**INSANITY™** uses MAX INTERVAL Training, which replaces traditional moderate-intensity exercise with maximum-intensity exercise, and short-short intervals of intensity for short periods of time. This intensity activity forces the body to work longer periods of time at a higher capacity than traditional workouts. As a result, you can experience a faster increase in cardiovascular fitness, and burn carbohydrates and fat more efficiently and effectively. After each exercise, so even as a beginner, you can get a great workout!

**Zumba®** is a fun, high-energy way to work out where African, Caribbean and Latin dance moves are combined with aerobic movements to create a fun and effective workout!

**Yoga** is a class with the simple aim of encouraging people to practice yoga correctly in a fun and fulfilling way! Flexibility training is often neglected- this class can tighten and loosen all those tight and sore muscles.

**Pilates** is a very effective workout. It can help to boost the immune system, decrease your risk of injury and improve your quality of life.

**BODYPUMP™** is the original barbell class that strengthens your entire body. The 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifting and Curls! Each session is designed to give you the results you came for - and fast!

**Core Conditioning** improves posture, develops core strength and stability. It challenges your body to work longer periods of time at a higher intensity and increases the rate at which you burn calories post workout!

**BodyWorx** aims to stretch, strengthen and stabilize the body and mind. Through yoga, tai chi and various other activities.

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

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

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