



# FINAGHY CLASS TIMETABLE

## AUTUMN 2019

### ACTIVITY KEY

- Strength
- Cardio
- Total Body Conditioning
- Mind & Body
- HIIT
- Boxing
- CORE

	MORNING				MID DAY	EVENING								
MON	6.15-7.00 STUDIO CYCLE		9.30-10.15 BODY PUMP™			5.30-6.00 GYMCO AMRAP	5.30-6.00 SPRINT	6.15-7.00 BODY PUMP™	6.15-7.00 STUDIO CYCLE	6.30-7.00 GYMCO FUNCTIONAL	7.10-7.40 CX WORX	8.00-9.00 YOGA		
TUE	6.30-7.00 SPRINT	6.30-7.00 GYMCO FUNCTIONAL		10.00-10.45 BOXING CIRCUITS		5.30-6.00 GYMCO EMOM	5.45-6.30 STUDIO CYCLE	6.15-7.15 BODY PUMP™	6.40-7.25 STUDIO CYCLE	7.30-8.00 GYMCO CHALLENGE	8.15-9.15 PILATES			
WED	6.15-7.00 STUDIO CYCLE	6.15-7.00 GYMCO CIRCUITS	9.45-10.30 STUDIO CYCLE	10.35-11.35 YOGA		5.30-6.00 SWEAT BOX	6.00-6.45 GYMCO CIRCUITS	6.00-6.45 STUDIO CYCLE	7.00-7.30 GYMCO FUNCTIONAL	7.00-8.00 BODY PUMP™	8.15-9.15 YOGA			
THU	6.15-7.00 KETTLE BELLS	6.30-7.00 SPRINT	9.30-10.30 20/20/20		12.30-1.00 SPRINT	5.30-6.15 STUDIO CYCLE	6.00-6.45 BODY PUMP™	6.30-7.00 SPRINT	7.00-7.30 BOXING CIRCUITS	7.30-8.00 CX WORX	8.05-9.05 PILATES			
FRI	6.15-7.00 GYMCO FIT	6.15-7.00 50/50		10.00-10.45 BODY PUMP™		5.30-6.15 STUDIO CYCLE	6.30-7.15 BODY PUMP™							
SAT		8.30-9.30 BOOT CAMP	9.45-10.30 BODY PUMP™	9.45-10.30 STUDIO CYCLE		3.30-4.00 GYMCO EMOM								
SUN		10.00-10.45 GYMCO METCON	11.00-11.45 STUDIO CYCLE	11.00-12.00 YOGA	12.30-1.15 KETTLE BELLS									

**GymCo AMRAP:** AMRAP (As Many Reps/Rounds As Possible) is where you challenge yourself to complete as many reps as you possible can. It's You Vs You in this ever changing class that will cater for all levels of fitness

**GymCo MetCon:** MetCon (short for Metabolic Conditioning) combines weight training and high-intensity bodyweight training to drive your metabolism up meaning that your daily calorie burn will be increased helping you to improve your fitness and reduce bodyfat.

**GymCo EMOM:** Every Minute On the Minute is a challenge where you will complete a certain number of reps inside 60 seconds. The faster you finish the more recovery you get before the next minute begins. Using both weight based and body weight training, this will give you amazing all round conditioning.

**GymCo Functional:** Using varied training techniques and disciplines, this class will improve you movement ability, your mobility and your capability to perform everyday tasks. A must for your training plan if you are looking to improve your all round fitness and well being

**20/20/20:** This new class takes 3 different forms of training and combines them into one 60 minute workout. You'll complete exercises using kettlebells or weights, cardio and core during each 20 minute section of the class to give you a fun and challenging workout.

**50:50:** Making a return to our timetable after a number of years, this class is a great combination of cardio and strength training. Half of the class will be in the cycle studio & the other half on the gym floor using various training techniques to improve strength & burn calories.

**LES MILLS BODYPUMP™:** The Original Barbell workout that strengthens and shapes your entire body. Using the REP EFFECT™ -light weights, high reps- you will feel the change happening instantly.

**LES MILLS SPRINT™:** is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results.

**LES MILLS GRIT™:** is a 30-minute high-intensity interval training (HIIT) based workout, designed to make you perform like an athlete. LES MILLS GRIT takes cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you motivating you to go harder to get fit, fast.

**LES MILLS CX Worx:** Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports - it's the glue that holds everything together.

**LES MILLS BODYCOMBAT™:** Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness, burning up to 740 calories\* along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. You'll release stress, have a blast and feel like a champ.

**Studio Cycle:** This indoor cycling experience is an incredible way to get fit and burn lots of calories. You'll be taken on a journey away from the gym, over hills, along open roads, down fast descents and on to a fitness high like no other.

**HIIT Circuit:** This 30 minute workout will shift your fitness, increase your lean muscle mass and get you lean in the most efficient way possible. Using supersets, combo sets and Tabata style training to push your heart rate into the red zone.

**Circuits:** This workout will get you toned and burning heaps of calories due to its combination of resistance, cardio and core exercises. You can get a lot done in 45 minutes.

**Bootcamp:** This Circuit style workout based on military techniques and is guaranteed to challenge both your mental and your physical strength. Are you tough enough?

**Boxing Circuits:** Boxing meets Conditioning with Fight-style fitness class. You'll train muscles in a similar way to boxers while getting some frustration out on the boxing pads. This will leave you like a Champion

**Sweat Box:** A 30 minute workout that will teach you the skills of a boxer as well as give your body a great conditioning workout. Using Padwork, Bag work and a mix of bodyweight exercise straight out of the boxing gym, you'll be in champion shape in no time.

**Yoga:** Originating from Ancient India, Yoga is made up of a series of poses, meditation and breathing techniques to give you greater control of the body and the mind as well as improving flexibility and mobility.

**Pilates:** Focusing largely on correct breathing, spinal and pelvic alignment and a concentration on smooth flowing movements this is class is the perfect way to strengthen your core and develop a powerful posterior chain.

