



AUTUMN/WINTER GROUP FITNESS TIMETABLE

CLASS BOOKINGS:

To book your class, please visit the My Wellness App. Members can book up to 8 days in advance.

PLEASE NOTE:

Please continue to sanitise equipment in a timely manner. Please be mindful of congestion when waiting for your class.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Stability Ball 8:45 - 9:30 PEAKE Fitness	Spin 9:15 - 10:00 PEAKE Fitness	Sprint Spin 8:30 - 9:00 PEAKE Fitness	Peake 9:30 - 10:25 PEAKE Fitness	Stability Ball 8:40 - 9:25 PEAKE Fitness	Spin 8:00 - 8:55 PEAKE Fitness	Body Pump 9:15 - 10:15 LES MILLS BODY PUMP
Spin 9:40 - 10:25 PEAKE Fitness	LBT 10:15 - 11:00 PEAKE Fitness	Step 9:15 - 10:00 PEAKE Fitness	Run Club 9:30 - 10:30 PEAKE Fitness	Body Pump 9:30 - 10:30 LES MILLS BODY PUMP	Peake 9:00 - 10:00 PEAKE Fitness	Body Balance 10:30 - 11:30 LES MILLS BODY BALANCE
Body Pump 10:30 - 11:30 LES MILLS BODY PUMP	HIIT 11:00 - 11:30 PEAKE Fitness	Body Pump 10:00 - 11:00 LES MILLS BODY PUMP	LBT 10:30 - 11:15 PEAKE Fitness	Vinyassa Yoga 10:40 - 11:40 PEAKE Fitness	Yin Yoga 10:10 - 11:20 PEAKE Fitness	
Body Balance 11:35 - 12:35 LES MILLS BODY BALANCE	Pilates 17:00 - 18:00 PEAKE Fitness	Body Balance 11:00 - 12:00 LES MILLS BODY BALANCE	Yin Yoga 11:30 - 12:45 PEAKE Fitness	Hatha Yoga 17:00 - 18:00 PEAKE Fitness		
Aqua 12:45 - 13:30 PEAKE Fitness	DanceFit 18:00 - 19:00 PEAKE Fitness	Tai Chi Flow 12:00 - 13:00 PEAKE Fitness	Pilates 15:00 - 16:00 PEAKE Fitness	Peake 18:10 - 19:10 PEAKE Fitness		
Yin Yoga 15:50 - 17:00 PEAKE Fitness	Peake 19:10 - 20:10 PEAKE Fitness	HIIT 17:30 - 18:00 PEAKE Fitness	DanceFit 16:00 - 17:00 PEAKE Fitness			
Zumba 17:00 - 17:45 PEAKE Fitness		Body Pump 18:00 - 19:00 LES MILLS BODY PUMP	LBT 17:15 - 18:00 PEAKE Fitness			
Spin 18:00 - 18:55 PEAKE Fitness		Body Balance 19:10 - 20:10 LES MILLS BODY BALANCE	Spin 18:05 - 19:00 PEAKE Fitness			
Body Pump 19:00 - 20:00 LES MILLS BODY PUMP			Yin Yoga 19:30 - 20:45 PEAKE Fitness			

CLASS INFORMATION:

HOLISTIC CLASSES

Body Balance

Body Balance is a top Les Mills class using classic moves from Yoga, Pilates and martial arts to music to help improve posture and strengthen your body.

Hatha Yoga

Hatha is a style of yoga that's great for relaxing with a focus on mindfulness and breath work. Like all our yoga styles here at Peake Fitness, it will help you to de-stress and unwind.

Pilates

Pilates helps to build a strong mind-muscle connection to your postural muscles, abdomen and core with a focus on breathing techniques and mindfulness.

Tai Chi Flow & Wellness Sessions

Experience a gentle, energising blend of mindful movement, Tai Chi, and relaxation with music and aromatherapy - supporting balance, strength, and overall wellbeing.

Vinyasa Yoga

Vinyasa is a style of yoga where postures are linked together with breath in a flowing sequence. Working through lots of different flows means no two classes are the same and they are always a challenge.

Yin Yoga

Yin yoga takes you through postures and stretches to target areas of tightness and weakness. You don't need to be flexible as the class is suitable for all, and using yoga tools will help your practice progress.

STRENGTH CLASSES

Body Pump

Body Pump offers a full-body Les Mills barbell workout, using uplifting music to help build and tone the main muscle groups.

LBT

Legs, Bums & Tums is aimed at toning and building muscle through using weights, using your body as resistance, or using tools like stability balls.

Stability Ball

Stability Ball focuses on stability and strength, featuring exercises and movements using Swiss Balls. This class also helps to improve your overall fitness levels.

CARDIO CLASSES

Spin

Get your head down and ride - it's the perfect way to switch off. Our spin classes are high-energy and powered by great music, making them a fun way to improve your cardio fitness and tone those legs.

Sprint Spin

Interval training is proven to be the best way of improving your fitness and burning calories. Our shorter Sprint Spin class allows you to get the most out of a short, sharp, fast-paced, all-action session.

Step

Move, sweat, and have fun! Step is a high-energy cardio workout using an aerobic platform to boost strength, coordination, and endurance through choreographed routines set to motivating music.

CARDIO CLASSES

Peake

Get fitter, stronger, and faster with our brand-new Peake class - a guaranteed sweat fest! Spin, lift, twist, push, and pull your way into Peake shape. One for fans of HIIT, Body Attack, Body Pump, or Spin.

Aqua

Aqua is a choreographed aerobic session that takes place in our indoor pool. Test your ability to exercise in the water whilst having fun! Aqua is a great way to exercise with low impact on joints.

DanceFit

DanceFit is a contemporary, freestyle and choreographed instructor-led dancing session. Find your inner dancer. Boogie and exercise away to musical tracks whilst having fun and getting fit.

HIIT

High-Intensity Interval Training includes many formats featuring short bursts of cardio activity, exercising the whole body. A great all-rounder to improve your fitness.

Run Club

Get outside with Trudy's run club. Enjoy the fresh air as you take a route around our stunning golf course and surrounding areas. Suitable for runners of all levels and abilities.

Zumba

A Latin-inspired dance class that will not only burn calories but also make you smile.