PEAKE Fitness

LesMills BODYATTACK | LesMills BODYBALANCE | LesMills BODYPUMP

STUDIO 2

GROUP FITNESS TIMETABLE

SPRING-SUMMER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Body Band 11:00 - 11:45 Intensity Rating ✶ ✶ ✶	**HIIT (Cardio)** 10:30 - 11:00 Intensity Rating ✶ ✶ ✶ ✶ ✶	**Abs & Back** 9:30 - 10:00 Intensity Rating ✶ ✶ ✶	**Box to Box** 10:00 - 10:30 Intensity Rating ✶ ✶ ✶ ✶	**Bootcamp** 10:00 - 11:00 Intensity Rating ✶ ✶ ✶ ✶
Bootcamp 18:30 - 19:30 Intensity Rating ✶ ✶ ✶ ✶	**HIIT (Cardio)** 17:30 - 18:00 Intensity Rating ✶ ✶ ✶ ✶ ✶		**Bootcamp** 18:30 - 19:30 Intensity Rating ✶ ✶ ✶ ✶	

www.stokebynayland.com - 01206 265820 - peake@stokebynayland.com

The Peake Fitness Management reserves the right to make changes to the studio timetable at any time.

Light	Medium	Medium/Hard	Hard	Very Hard
✶	✶ ✶	✶ ✶ ✶	✶ ✶ ✶ ✶	✶ ✶ ✶ ✶ ✶

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CLASS INFORMATION

HIIT
High Intensity Interval Training. Prepare to work hard in a class that ticks all boxes and achieves all goals. Warning 30mins is more than enough for this class.

✶ ✶ ✶ ✶ ✶

ABS & BACK
30 minute core workout hitting all elements of abdominals and lower back, perfect for those hard to reach areas.

✶ ✶ ✶ ✶

BOOTCAMP
A fun class designed to work your entire body using military cardio and resistance exercises, this class is outdoors so wear appropriate clothing.

✶ ✶ ✶ ✶

BOX TO BOX
A half hour HIIT class involving both boxing and plyometrics. It will test your cardiovascular, power, strength and endurance throughout the 30 minutes.

✶ ✶ ✶ ✶

BODY BAND
A class designed to work on all areas of the body through a variety of exercises using a unique resistance band.

✶ ✶ ✶

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