Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pursuit 8:30 - 9:00 Intensity Rating ✶ ✶ ✶ ✶ ✶	**HIIT** 9:00 - 9:30 Intensity Rating ✶ ✶ ✶ ✶ ✶	**Turbo** 9:30 - 10:15 Intensity Rating ✶ ✶ ✶ ✶ ✶	**Run Club** 9:30 - 10:30 Intensity Rating ✶ ✶ ✶	**Turbo** 8:30 - 9:15 Intensity Rating ✶ ✶ ✶ ✶ ✶	**HIIT** 8:30 - 9:00 Intensity Rating ✶ ✶ ✶ ✶ ✶	**Battle Ropes** 8:30 - 9:00 Intensity Rating ✶ ✶ ✶ ✶
Stability Ball 9:15 - 10:00 Intensity Rating ✶	**Body Pump** 9:30 - 10:30 Intensity Rating ✶ ✶ ✶ ✶ ✶	**F.B.F.T** 10:30 - 11:30 Intensity Rating ✶ ✶ ✶ ✶	**Body Pump** 9:30 - 10:30 Intensity Rating ✶ ✶ ✶ ✶ ✶	**Body Attack** 9:30 - 10:30 Intensity Rating ✶ ✶ ✶ ✶	**Spinn** 9:00 - 10:00 Intensity Rating ✶ ✶ ✶ ✶ ✶	**Body Band** 9:00 - 9:45 Intensity Rating ✶ ✶ ✶
Body Balance 10:00 - 11:00 Intensity Rating ✶ ✶ ✶	**Boxercise** 10:30 - 11:15 Intensity Rating ✶ ✶ ✶ ✶	**Aqua** 11:30 - 12:30 Intensity Rating ✶	**Dance Fit** 10:30 - 11:30 Intensity Rating ✶ ✶	**Body Balance** 10:30 - 11:30 Intensity Rating ✶ ✶ ✶	**Body Pump** 10:00 - 11:00 Intensity Rating ✶ ✶ ✶ ✶ ✶	**Dance Fit** 9:45 - 10:45 Intensity Rating ✶ ✶
Body Attack 11:00 - 11:45 Intensity Rating ✶ ✶ ✶ ✶	**Run Club** 10:30 - 11:30 Intensity Rating ✶ ✶ ✶	**Body Balance** 11:30 - 12:30 Intensity Rating ✶ ✶ ✶	**Yoga** 11:30 - 13:00 Intensity Rating ✶ ✶ ✶	**Pilates** 17:00 - 18:00 Intensity Rating ✶	**HIIT** 11:00 - 11:30 Intensity Rating ✶ ✶ ✶ ✶ ✶	**Body Balance** 10:45 - 11:45 Intensity Rating ✶ ✶ ✶
Aqua 13:00 - 14:00 Intensity Rating ✶	**Stability Ball** 11:15 - 12:00 Intensity Rating ✶	**Abs & Back** 17:30 - 18:00 Intensity Rating ✶ ✶ ✶	**Battle Ropes** 17:30 - 18:00 Intensity Rating ✶ ✶ ✶ ✶	**HIIT** 18:00 - 18:30 Intensity Rating ✶ ✶ ✶ ✶ ✶		**HIIT** 15:00 - 15:30 Intensity Rating ✶ ✶ ✶ ✶ ✶
Body Balance 17:15 - 18:15 Intensity Rating ✶ ✶ ✶	**Battle Ropes** 17:30 - 18:00 Intensity Rating ✶ ✶ ✶ ✶	**Boxercise** 18:00 - 18:50 Intensity Rating ✶ ✶ ✶ ✶	**Body Balance** 18:00 - 19:00 Intensity Rating ✶ ✶ ✶	**Box to Box** 18:30 - 19:00 Intensity Rating ✶ ✶ ✶ ✶		**Box to Box** 15:30 - 16:00 Intensity Rating ✶ ✶ ✶ ✶
Body Attack 18:15 - 19:00 Intensity Rating ✶ ✶ ✶ ✶	**Body Balance** 18:00 - 19:00 Intensity Rating ✶ ✶ ✶	**Body Pump** 19:00 - 20:00 Intensity Rating ✶ ✶ ✶ ✶ ✶	**Killa Kettlebells** 19:00 - 19:45 Intensity Rating ✶ ✶ ✶ ✶ ✶			
Body Pump 19:00 - 20:00 Intensity Rating ✶ ✶ ✶ ✶ ✶	**F.B.F.T** 19:00 - 19:45 Intensity Rating ✶ ✶ ✶ ✶	**Body Balance** 20:00 - 21:00 Intensity Rating ✶ ✶ ✶	**Hatton Pro Boxing** 19:45 - 20:45 Intensity Rating ✶ ✶ ✶ ✶			
Spinn 20:15 - 21:00 Intensity Rating ✶ ✶ ✶ ✶ ✶	**Body Band** 19:45 - 20:15 Intensity Rating ✶ ✶ ✶ ✶		**Swim Fit** 20:00 - 21:00 Intensity Rating ✶ ✶ ✶			

PEAKE Fitness

STUDIO 1

GROUP FITNESS TIMETABLE

WINTER 2018

LesMills BODYATTACK · LesMills BODYBALANCE · LesMills BODYPUMP

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
✶	✶ ✶	✶ ✶ ✶	✶ ✶ ✶ ✶	✶ ✶ ✶ ✶ ✶

CLASS INFORMATION

BODY PUMP
A structured barbell workout to challenge every muscle group in the body! Performed to motivating and inspiring music that will shape and sculpt your body like no other class.
✶ ✶ ✶ ✶ ✶

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

KILLA KETTLEBELLS
Killa Kettles is a high intensity 30-minute class with a killer twist! Learn a variety of kettlebell movements that will target all major muscle groups, especially the core! Unlike traditional Kettlebell classes, you will also perform a variety of high intensity workouts such as pyramiding kettlebell movements, speed drills, and HIIT based exercises.
✶ ✶ ✶ ✶ ✶

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.
✶ ✶ ✶ ✶ ✶

BODY ATTACK
A Les Mills class that delivers high energy functional body weight fitness exercises to fantastic motivating music. Prepare to work hard and reap the benefits of this all-round, total body workout.
✶ ✶ ✶ ✶

BODY BALANCE
Deriving ancient moves from forms of Tai-Chi, Pilates and yoga. Incorporating them into a balanced workout to uplifting music.
✶ ✶ ✶

PURSUIT
A high intensity indoor cycling class that will push the boundaries of your physical and mental limits! Get ready for intervals of effort combined with intervals of rest to keep your body guessing and your calories burning whilst you 'pursue' and achieve your fitness goals!
✶ ✶ ✶ ✶ ✶

DANCE FIT
A dance fitness class combining all your favourite moves to all your favourite music - fun and enjoyment is the key focus here.
✶ ✶

AQUA
A water based aerobic class, with the added resistance of the water to make it a very effective and refreshing workout.
✶

SWIM FIT
A session to perfect your technique in the water and progress to a higher level of fitness. Perfect for those looking to advance the way to becoming an elite swimming athlete.
✶ ✶ ✶

STABILITY BALL
A class specifically designed to improve your core stability using the latest exercises performed on the stability ball.
✶

HATTON PRO BOXING
Hatton Pro Boxing is a class designed to give members an intense boxing workout with added cardio and speed drill work whilst also focusing on the fundamental principles of boxing technique.
✶ ✶ ✶ ✶

BOXERCISE
A well rounded class combining a variety of boxing based exercises to punch your body back into shape. The focus is on technique, power, strength and agility ticking all boxes to challenge your body throughout.
✶ ✶ ✶ ✶

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.
✶ ✶ ✶ ✶

BATTLE ROPES
A high intensity class revolved around the use of battle ropes designed to burn calories, strengthen the whole body and improve your cardiovascular fitness. Warning 30 minutes is plenty of time for this class!
✶ ✶ ✶ ✶

PILATES
A mind body conditioning that helps build the deep postural muscles of your trunk and spine, giving you 'core stability' and alignment.
✶

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

F.B.F.T
Full Body Functional Training. A class that uses a variety of the best functional training equipment such as Kettlebells, Viprs and Battle Ropes to challenge and improve your body's functional fitness.
✶ ✶ ✶ ✶ ✶

TURBO
A more advance studio cycling class for the cycling enthusiasts!
✶ ✶ ✶ ✶ ✶

SPINN
High intensity studio cycling using the latest upbeat chart music.
✶ ✶ ✶ ✶ ✶

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

YOGA
This class will help to achieve physical balance, flexibility and posture through breathing techniques and movement. A good chance to stretch and relax at the same time!
✶ ✶ ✶

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