

STUDIO | SPRING SUMMER 2022 | GROUP FITNESS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HIIT 7:30 - 8:00 PEAKE Fitness	LBT 08:30 - 9:15 PEAKE Fitness	HIIT 7:30 - 8:00 PEAKE Fitness	LBT 8:30 - 9:15 PEAKE Fitness	HIIT 7:30 - 8:00 PEAKE Fitness	HIIT 8:30 - 9:00 PEAKE Fitness	HIIT 8:30 - 9:00 PEAKE Fitness
Upper Body Resistance 8:30 - 9:00 PEAKE Fitness	Body Pump 9:30 - 10:30 LES MILLS BODYPUMP	Kettlebells 9:00 - 9:45 PEAKE Fitness	Running Club 9:30 - 10:30 PEAKE Fitness	BattleFit 8:30 - 9:00 PEAKE Fitness	Spinn 9:00 - 10:00 PEAKE Fitness	LBT 9:00 - 9:30 PEAKE Fitness
Stability Ball 9:00 - 9:45 PEAKE Fitness	Yoga 11:30 - 12:30 PEAKE Fitness	Body Pump 10:00 - 11:00 LES MILLS BODYPUMP	Spinn 9:30 - 10:15 PEAKE Fitness	BoxFit 9:00 - 9:30 PEAKE Fitness	Yoga 10:00 - 11:00 PEAKE Fitness	Body Pump 9:30 - 10:30 LES MILLS BODYPUMP
Spinn 9:45 - 10:45 PEAKE Fitness	Pilates 17:00 - 18:00 PEAKE Fitness	Body Balance 11:00 - 12:00 LES MILLS BODYBALANCE	20/20/20 10:30 - 11:30 PEAKE Fitness	Body Attack 9:30 - 10:30 LES MILLS BODYATTACK		Body Balance 10:30 - 11:30 LES MILLS BODYBALANCE
Kettlebells & Core 10:45 - 11:30 PEAKE Fitness	RunFit 17:30 - 18:00 PEAKE Fitness	Aqua 12:00 - 13:00 PEAKE Fitness	Yoga 11:30 - 12:30 PEAKE Fitness	Body Balance 10:30 - 11:30 LES MILLS BODYBALANCE		
Yoga 11:30 - 12:30 PEAKE Fitness	DanceFit 18:00 - 19:00 PEAKE Fitness	Abs and Back 17:15 - 18:00 PEAKE Fitness	Spinn 17:30 - 18:30 PEAKE Fitness	Spinn 11:30 - 12:30 PEAKE Fitness		
Body Balance 17:15 - 18:15 LES MILLS BODYBALANCE	Spinn 19:00 - 20:00 PEAKE Fitness	Spinn 18:00 - 19:00 PEAKE Fitness	Bootcamp 18:30 - 19:30 PEAKE Fitness	Pilates 17:00 - 18:00 PEAKE Fitness		
Body Attack 18:15 - 19:00 LES MILLS BODYATTACK		Body Pump 19:00 - 20:00 LES MILLS BODYPUMP	SwimFit 20:00 - 21:00 PEAKE Fitness	BoxFit 18:00 - 19:00 PEAKE Fitness		
BoxFit 19:00 - 20:00 PEAKE Fitness		Body Balance 20:00 - 21:00 LES MILLS BODYBALANCE				
Kettlebells 20:00 - 20:30 PEAKE Fitness						

CLASS BOOKINGS:
To book your class, please visit the Peake Fitness portal or speak to a member of our team.

PLEASE NOTE:
Please continue to sanitise equipment in a timely manner

Please be mindful of congestion when waiting for your class.

CLASS INFORMATION

20/20/20

20/20/20 is the perfect full body session, as the name suggests its 20 minutes of strength, core training and cardio. A great workout.

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.

Abs & Back

Abs & Back is your quick blast session to target the important areas for your physique, helping to build and strengthening your core.

BattleFit

BattleFit focuses on getting you fit using your own body as well as utilising the Battle Ropes. Taking inspiration from military training methods which create the strongest, fittest version of yourself.

Body Attack

Body Attack is a high energy Les Mills experience that combines athletic training with choreographed fitness routines for a cardio and full body workout.

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.

Body Pump

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

Bootcamp

Bootcamp is a bespoke functional fitness session to help strengthen and condition the body helping you to move fast with precision.

BoxFit

BoxFit uses boxing techniques with foot work and punching combos to give you a cardio workout and improve coordination. Glove up and step outside your comfort zone with this popular class.

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 burst of cardio activity, exercising the whole body. A great all-rounder to improve your fitness.

Kettlebells

Kettlebells is a joint and muscle strengthening class using kettlebell weights in guided moves to help improve joint stability and movement.

LBT

Legs, Bums and Tums focuses on key areas of the body to improve strength and tone in the lower back, glutes and hamstrings for overall core fitness.

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.

Run Club

Run Club does exactly what it says on the tin. A group outdoor running session, exercising along stunning local countryside routes. Explore while exercising and step towards something new.

RunFit

RunFit is a HIIT style class based on different training methods for running. Utilising Fartlek, Plyometric and explosive running techniques RunFit will make sure you're fast and resilient.

Spinn

This choreographed cycling class takes you on a journey of varying rhythms, tempos and resistance to music and is an excellent cardio exercise, the perfect routine to tone your legs.

Stability Ball

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

SwimFit

SwimFit is a small, pool-based, instructor-led group helping you improve your swimming technique with expert coaching advice.

Upper Body Resistance

Upper Body Resistance offers a variety of strength and toning while delivering help with technique and overall co-ordination improvements. Become stronger and create a healthier physique in this class.

Yoga

Yoga helps to build a physique that will not only be stronger, more flexible and stable, but teach you how to move correctly and control your body.