




Studio time table

1 Angel Square

Classes can be booked between the hours of 9am and 7pm the day prior to attendance. In order to make a booking please email fitnessandwellbeing.classes-angelsquare@coop.co.uk including the following details: Name, class, class time and contact number.

Please note - only one class per day can be booked, however, you may attend more than one if you turn up and there are spaces available.

Mon		12.00 -12.40 Box Fit	13.00 -13.40 Studio Cycle	17.15 -18.15 Vina Yoga A slower paced yoga class
Tues	7.00 -7.45 Fitness Yoga/Pilates	12.00 -12.40 Kettle bells	13.00 -13.45 Circuit Training	17.15 -18.00 H.I.I.T High intensity interval training / Stretching Advanced class
Wed	7.00 -7.45 Circuits	12.00 -12.40 Fitness Yoga	13.00 -13.40 Total tone	17.15 – 18.00 Circuits
Thurs	7.00 -7.45 H.I.I.T High intensity interval training / Stretching Advanced class	12.00 -12.40 Studio Cycle	13.00 -13.40 Fitness Pilates	17.15 -18.00 H.I.I.T High intensity interval training / Stretching Advanced class
Fri		12.00 -12.40 Box fit	13.00 -13.40 Studio Cycle	

 These classes are cardio based classes to help increase your aerobic fitness, so you will get out of breath and sweaty.

 These classes use barbell weights/ body resistance or Kettle bells to help tone and define all areas of the body.

 These classes are slow and controlled to help improve flexibility and core strength.