

CLASS TIMETABLE

Monday	Activity	Time	Gym Members	Non Members	Instructor
	URBAN LBT (Gym)	17.30 - 18.00	Free	£3	Katie
	EXTREME URBAN Cycle (Gym)	18.00 – 18.45	Free	£4	Matt
	20-20-20 (Gym)	19.15 – 20.15	Free	£4	Jo Haycock
Tuesday	URBAN CYCLE (Term Time Only)	16.45 – 17.15	Free	£3	Kieran
	URBAN HIIT (Gym)	17.30 – 18.00	Free	£3	Jav
	URBAN Boxer Circuits (Gym)	18.15 – 19.00	Free	£4	Andy
	Urban Cycling (Gym)	19.15 – 20.00	Free	£4	Kieran
	Urban Step (Gym)	20.05 – 20.55	Free	£4	Jo Haycock
Wednesday	EXTREME URBAN Cycle (Gym)	17.30 – 18.00	Free	£4	Matt
	URBAN HIIT (Gym)	18.15 – 19.00	Free	£4	Andy
	Urban Cycling (Gym)	19.15 – 20.00	Free	£4	Ian Guinivian
Thursday	Urban Cycling (Term time Only)	16.45 – 17.15	Free	£3	Urban Fitness
	Urban Power Blast	18.00 – 18.45	Free	£4	Jav
	Urban Cycling (Gym)	19.00 – 19.45	Free	£4	Ian Guinivian
Friday	URBAN circuits (Gym)	17.30 – 18.00	Free	£4	Urban Fitness
	Urban Cycling (Gym)	18.15 – 19.00	Free	£4	Ian Guinivian
Saturday	URBAN SAS	10.30 – 11.00	Free	£3	Urban Fitness
Sunday	URBAN Cycling (Gym)	10.00 – 10.45	Free	£4	Urban Fitness
	Urban Cycling (Gym)	11.00 – 11.30	FREE	£3	Urban Fitness

All Classes MUST be booked in advance please either via <https://hm.highfive.nl> or in club 01214771441

*Timetable subject to change ** terms and conditions apply

URBAN
Fitness

CLASS TIMETABLE

URBAN Power Blast	New to Urban Fitness during 2015, this class focuses on low weight loads and high repetition movements. This helps you burn fat, gain strength and shape and quickly enable muscle conditioning. This class targets all the major muscles of the body through a number of dynamic exercises and what's more it's fun and sociable.
URBAN SAS	This Supervised Active Supervision Class is an opportunity to work with an instructor on a 1:1, 2:1 or slightly more. Tailor your workout to your own needs!
URBAN Cycle/Cycle Circuits ACTIVE- Beginners/Intermediate EXTREME- Intermediate/Pro	This indoor group fitness activity class involves each person riding a specially designed stationary bike and combines high intensity, non-impact training and will work your legs, glutes, heart, lungs and sweat glands like they've never been worked before.
URBAN Boxer Circuits	Ultimate circuit class combining boxing drills, cardio and strength exercises. Designed to burn maximum calories in a fun group environment. Suitable for all levels of fitness.
URBAN LBT	Classic Legs Bums Tums class delivered to maximise training to these Key areas. You might ache next day!!
Urban HIIT	High Intensity Interval Training is a buzz word in Fitness Currently. Based on the obvious fitness gains associated with this type of Training, Urban HIIT will want you wanting more and more as you get fitter and fitter.