

URBAN CLASS TIMETABLE

0121 477 1441

	Activity	Time	Member	Non Member	Instructor	Location
Monday	URBAN BOOTCAMP	07:30 - 08:00	Free	£5	ANDY	Sports Hall
	URBAN KETTLEBELLS	17:00-17:30	Free	£5	CHLOE	Sports Hall
	URBAN LBT	17:30-18:00	Free	£5	CHLOE	Sports Hall
	URBAN ULTIMATE CYCLE	18.15 - 18:45	Free	£5	KIERAN	Sports Hall
	URBAN CYCLE	19:00 – 19:45	Free	£5	IAN	Sports Hall
Tuesday	URBAN KETTLEBELLS	16:45 – 17:15	Free	£5	CHLOE	Gym
	URBAN HIIT	17:30 - 18:00	Free	£5	JAV	Gym
	URBAN YOGA	18.00 – 19.00	Free	£5	FAYE	Cinema room
	URBAN YOGA	19.00 – 20.00	Free	£5	FAYE	Cinema room
Wednesday	URBAN CYCLE	07:30 - 08:00	Free	£5	JAV	Sports Hall
	URBAN LBT	17:30 – 18:00	Free	£5	KIERAN	Sports Hall
	URBAN BOXER CIRCUITS	18.00 – 18:30	Free	£5	ANDY	Sports Hall
	URBAN ZUMBA	18.30 – 19.30	Free	£4	ELLIE	Sports Hall
Thursday	URBAN CYCLING	16:45 – 17:15	Free	£5	KIERAN	Sports Hall
	URBAN POWER BLAST	18.00– 18.30	Free	£5	JAV	Sports Hall
	URBAN ABS FIT	18.45 - 19:15	Free	£5	ANDY	Gym
Friday	URBAN CIRCUITS	17:00 – 17:30	Free	£5	URBAN FITNESS	Gym
Saturday	URBAN CIRCUITS	10.30 – 11.00	Free	£5	URBAN FITNESS	Gym
Sunday	URBAN MASH-UP	10.00 – 10.45	Free	£5	URBAN FITNESS	Gym

All Classes MUST be booked in advance please call 0121 477 1441 or book online

<https://hm.highfive.nl>

URBAN Power Blast	New to Urban Fitness during 2018, 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 Circuits	This group class focuses on modifying your workout by using a number of stations targeting different areas of your body. Each station varies your workout with different equipment and exercises.
URBAN Yoga	This class will test your strength and flexibility with the main focus being enhance posture and breathing. Yoga is a great way to improve your strength, flexibility and balance.
URBAN Cycle	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 Zumba	Zumba has been added to our class timetable for 2018! This is a great way to dance to great music whilst burning calories and toning your body without even realising.
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 BOOTCAMP	Bootcamp will involve a variety of exercises to target your whole body and burn calories to tone your body and leave you feeling energised.
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.
Urban Kettlebells	Kettlebells is the ultimate weight training workout using cast iron weights. This challenging class is designed to improve your overall body composition through using a variety of exercises which will target different muscles in the body.