

Studio Timetable

First Floor | Chadwick House

	Monday	Tuesday	Wednesday	Thursday	Friday
6:30am		30 mins Spin Magda	30 mins LBT Jimmy	30 mins Tabata Ally	
7:00am	30 mins Fab Abs Jimmy	30 mins HIIT Magda		30 mins Mobility Ally	30 mins Raise the Bar Jimmy
12:15pm	45 mins Yoga Jane		45 mins Yoga Jane	45 mins Yoga Katya	
12:15pm	30 mins Spin Jimmy	30 mins Tabata Ally	30 mins Spin Jimmy	30 mins Kettlebells Ally	30 mins Spin Jimmy
5:15pm		30 mins Raise the Bar Jimmy		30 mins Spin Jimmy	
5:30pm	30 mins Tabata Ally		30 mins Kettlebells Ally		30 mins Mobility Ally

Fab ABS

Short on time but fancy a fab ab workout? If you're on the hunt for that elusive six pack, this class will set you on the right road to finding it and chiselling that middle.

Yoga

Yoga is a wonderful workout for the body & mind. Helping to tone up muscles and increase flexibility, whilst calming the mind and de-stressing completely.

Raise the Bar

A high- intensity full body workout. This class will get you lean, strong, fast and fit. It burns a high number of calories during the class and for several hours after! If you want to push yourself to your limits, this class is for you!

Spin

Get ready for the ride of your life with this 30minute, cycle workout at the gym. It's a lower body high intensity cardio workout, and high energy!

Tabata Workout

A fast paced, fun, fat burning class. 30 minutes of interval workouts made up of 20 second rounds at maximum intensity followed by 10 second rest periods for a total of eight rounds.

HIIT Workout

High-intensity interval training (HIIT), also called high-intensity intermittent exercise (HIIE) or sprint interval training (SIT), is a form of interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods.

LBT Workout

The clues in the name – a 30 minute only masterclass which focuses on problem areas such as legs, bums and tummy. Suitable for all fitness levels.

Kettlebells

Kettlebells is designed to get your overall body working. This is structured by working the 4 main compound areas: knee dominant (squat), posterior chain (swing), Upper pull and Upper push (arm movements). Whilst also working on these 4 movement patterns we superset them with bodyweight exercises to burn those extra calories.

Mobility Workout

A class to help you to develop the ability to move more freely in different ranges of movement.



Classes require advanced booking via the Fit Sense app or info@alive-well.co.uk

01925 824 455 • info@alive-well.co.uk • birchwoodpark.co.uk/fitness

Classes require a minimum of three people to go ahead. Booking can be made up to 7 days in advance, but please make sure you cancel your class if you cannot make it. More than 3 'no shows' without prior cancellation will result in a £10 fine.