



Climb-Fit

Group Exercise Timetable

(Valid from March 2011)

Monday	Tuesday	Wednesday	Thursday	Friday
6:15am <i>Power Yoga</i> *On climbing floor		6:15am Spin		6:15am Circuit
12:30pm Abs/Core		12:30pm SBS Circuit	12:30pm Abs/Core	
	1:00pm Mini Spin			
6:15pm Spin	5:45pm Abs Class	5:45pm Spin	5:30pm Spin	
		7:00pm <i>Power Yoga</i> *In gym	9:00pm <i>Power Yoga</i> *In gym	

Abs/Core – a 30 min class focusing on the entire mid section. Good for all levels of fitness

Mini Spin – a 30 minute spin class for beginners or those who want a quick lunchtime workout. Good idea to try this before coming to our longer spin classes.

Spin – a 45-60 minute cycle class. A great way to improve your fitness with a mix of high intensity sprints, hill climbs and long distance flats. Good for those with a basic level of fitness and those Tour de France wanna-be's!

Circuit – a combination of weights and cardio in a circuit format designed to keep your body guessing. Good level of fitness required as this is a tough class!

SBS Only Circuit – a 60min exclusive class for staff at SBS, combining cardio and weights.

Power Yoga – a fitness-based form of yoga with a strong emphasis on strength and flexibility. Our talented instructor can tailor the class for all levels – from first timers to the more advanced.