



FITNESS CLASSES

Paddington Sports Club Studio Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Core & Stretch 10.00-11.00 (Daniela)		Core & Stretch 10.00-11.00 (Daniela)		Yoga (Ines) 12.00-13.00	Circuit (Daniela) 12.00-13.00	LBT (Daniela) 12.00-13.00
	Body Conditioning (Magda) 19.00-20.00	Yoga (Ines) 19.00-20.00	Pilates (Charlotte) 18.30-19.30			

Core & Stretch: Core and stretch is designed to tighten up your abdominals and lengthen your muscles. The aim of this class is to tone/strengthen your core and improve your range of motion.

HIIT: HIIT, or high-intensity interval training, is a training technique in which you give all-out one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more calories in less time.

Body Conditioning: Body Conditioning combines cardio and resistance work to an energetic beat. With a range of exercise aerobics, floor work, weights, and resistance training, you're guaranteed a varied class that will hit those areas that other workouts miss.

Yoga: Our practice incorporates yoga postures, gentle movement sequences, and breath work. This class will quiet the nervous system in order to promote mental and physical well-being.

Pilates: Pilates is a mind-body class which concentrates on strengthening the musculoskeletal system. This workout will help to improve posture, balance, mobility and flexibility through low impact movements.

Circuit: Circuit is similar to HIIT where you will be trying different exercises and activities for short periods of time, taking on cardio, resistance and strength training activities.

LBT: Legs, bums, and tums is a full body workout that aims to tone up thighs, bum and stomach. Exercises include squats and lunges with light weight or body weight, all to the beat of music.