

FITNESS CLASS TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday
Spin 63 06.30 - 07.15 Fitness 63 Legs Bums and Tums 09.15 - 10.00 Sports Hall HIIT 17.15 - 17.45 Sports Hall Spin 63 18.00 - 18.45 Fitness 63 Triple Threat 18.00 - 18.45 Sports Hall Spin 63 19.00 - 19.45 Fitness 63	Class Roulette 06.30 - 07.00 Sports Hall HIIT 63 09.15 - 10.00 Fitness 63 Power Circuit 17.15 - 17.45 Sports Hall Pilates 17.15 - 18.00 Classroom Spin 63 18.00 - 18.45 Fitness 63 Legs Bums and Tums 18.00 - 18.45 Sports Hall Yoga 18.15 - 19.15 Classroom	Spin 63 06.30 - 07.15 Fitness 63 Power Pilates & Yoga 09.15 - 10.00 Fitness 63 Kettles and Core 17.15 - 18.00 Sports Hall Xpress Spin 17.30 - 18.00 Fitness 63 Interval Blast 18.00 - 18.45 Sports Hall Spin 63 19.00 - 19.45 Fitness 63	Inferno Functional Training 09.15 - 10.00 Fitness 63 Xpress Spin 17.30 - 18.00 Fitness 63 Circuit 63 18.00 - 18.45 Sports Hall	Bootcamp 06.30 - 07.15 Sports Hall Xpress Spin 17.30 - 18.00 Fitness 63

HIIT
High Intensity Training, utilising a variety of equipment.

Duration: 30/45 mins

Class Roulette
HIIT, Circuit Training, Kettlebells and more. Different format each week.

Duration: 30 mins

Circuit 63
Variety of exercises. Full body workout.

Duration: 30 mins

Interval Blast
Anaerobic interval training. Cardio/Boxing Focused

Duration: 45 mins

Kettles and Core
Cardio and strengthening using Kettlebells and core work.

Duration: 45 mins

Xpress Spin/ Spin 63
Indoor cycling workout to energetic music.

Duration: 30/45 mins

Power Circuit
High tempo resistance class with varied equipment.

Duration: 30mins

Inferno Functional Training
A blend of functional HIIT and resistance training.

Duration: 45 mins

Triple Threat
Cardio/strength/bodyweight.

Duration: 45 mins

Power Pilates & Yoga
Pilates and Yoga focused on strengthening the body.

Duration: 45 mins

Yoga
Increase flexibility, stability and strength.

Duration: 60 mins

Pilates
A way to improve core strength, lengthen, strengthen and balance the body.

Duration: 45mins

Legs, Bums and Tums
Exercises to tone and shape.

Duration: 45 mins

All members and nonmembers must be booked onto classes prior to the start time.

Please remember to wear appropriate clothing, inform instructors of any injuries or illnesses and bring a refreshment with you.

We reserve the right to cancel classes if minimum numbers are not booked 24hrs prior to the class start time.

Classes can be rebooked up to a maximum of 7 days in advance.

Please note, this timetable is subject to change.

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