

## Class Descriptions

### Ashtanga Yoga

A set sequence of postures designed to bring incredible, strength, flexibility and endurance to the body and a sense of stillness to the mind. This class will teach the fundamentals of Ashtanga yoga.

### Body Attack

This high-energy interval training class is great for strength, stamina, endurance, will burn calories rapidly and improve fitness along with a full body cardio workout.

### Body Combat

This great non-contact martial art workout will create a fierce, energetic experience which raises fitness levels with easy to follow boxing and martial art techniques. A great fat burner!

### Body Pump

A weight endurance training class to choreographed music. Helps to tone, define and strengthen all major muscle groups, using barbells and adjustable weights.

### Boot Camp

Sculpt your body & burn fat faster with an indoor, action packed boot camp.

### Box Fit

This non-contact boxing class in the ring is based around circuit training and pad work. This will improve on Co-ordination, power, speed and assist with getting into great shape.

### Olympic Fit

A free-weights class emphasising the key components of Olympic lifting, designed to be versatile enough to build strength or muscular tone and if need be, both.

### Pilates

A tranquil controlled mind and body class concentrating on developing core strength and improving posture and breathing techniques.

### Power Circuit

Variation galore! Circuit classes use a variety of floor exercises and free weights to increase stamina, strength and cardiovascular fitness. Let the instructor take you on a different exercise journey each week! Participants can vary the intensity to suit their fitness level and needs.

### Spin

Indoor cycling program for all levels. Qualified cycling instructors will lead you through a journey, designed to provide a fun yet challenging workout!

### Step It Up

Using a height-adjustable step this class has great choreography to make simple movements on and around the step, easy to follow. Fantastic for co-ordination & fat loss!

### Ultimate Abs

Designed to focus on specific core strength. Vital to any exercise regime, giving you great inner strength & outer definition.

### VIPR Squad

A dynamic, multi plane workout, using free motion and full body movement. The next generation in functional exercise for all abilities. Develop lean muscle tone, core stability, Co-ordination and a sense of well-being whilst having fun.

### Vinyasa Yoga

The linking of body movement with breath; a specific sequence of breath-synchronized movements used to transition between sustained postures; It denotes a flowing, dynamic form of yoga, connected to breath.

### Zumba Fitness

Zumba Fitness fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavour and international zest into the mix and you've got Zumba!



THE  
BANKSIDE  
HEALTH CLUB

0207 921 9343

info@thebanksidehealthclub.co.uk

www.thebanksidehealthclub.co.uk

# KICK ASS... CLASSES

THE KEY  
TO VISIBLE  
RESULTS!



# class timetable

## Monday

07:30-08:15	Spin	All levels	Spin Studio	Laura
12:25-13:10	Spin	Int/Adv	Spin Studio	Sam
12:30-13:10	Body Pump	All Levels	Main Studio	Louise
12:30-13:15	Box Fit	All Levels	Boxing Ring	Christian
12:30-13:00	Power Circuit	All Levels	Functional Zone	Fitness Team
13:15-14:00	Ashtanga Yoga	All Levels	Main Studio	Peter
13:15-13:55	Box Fit	All Levels	Boxing Ring	Louise
17:45-18:30	Spin	Intermediate	Spin Studio	Louise
17:45-18:30	Body Attack	All Levels	Main Studio	Thabian
18:30-19:30	Pilates	All Levels	Main Studio	Sana

## Tuesday

07:30-08:00	Ultimate Abs	All Levels	Functional Zone	Fitness Team
08:00-08:45	Box Fit	All Levels	Main Studio	Louise
12:25-13:10	Step It Up	All Levels	Main Studio	Abiola
12:30-13:00	Power Circuit	All Levels	Functional Zone	Fitness Team
12:30-13:15	Box Fit	Intermediate	Boxing Ring	Ali
12:30-13:10	Spin	All Levels	Spin Studio	Louise
13:15-13:55	Spin	All Levels	Spin Studio	Fitness Team
13:15-14:00	Boot Camp	All Levels	Main Studio	Louise
17:45-18:15	VIPR Squad	All Levels	Functional Zone	Fitness Team
17:45-18:30	Spin	Intermediate	Spin Studio	Claire
18:30-19:30	Vinyasa Yoga	All Levels	Main Studio	Phillipa

## Wednesday

07:30-08:15	Spin	All Levels	Spin Studio	Sam
08:00-08:30	VIPR Squad	All Levels	Studio	Craig
12:25-13:10	Vinyasa Yoga	All Levels	Main Studio	Phillipa
12:25-13:10	Spin	Int/Adv	Spin Studio	Sam
13:00-13:30	VIPR Squad	All Levels	Functional Zone	Craig
13:15-13:55	Box Fit	All Levels	Boxing Ring	Ali
13:15-14:00	Zumba	All Levels	Main Studio	Ana
17:45-18:30	Spin	Intermediate	Spin Studio	Aleesha
17:45-18:30	Olympic Fit	All Levels	Main Studio	Toby
18:30-19:15	Body Pump	All Levels	Main Studio	Aleesha

train **WELL** live **WELL** stay **WELL**



## Thursday

07:30-08:30	Ashtanga Yoga	All Levels	Main Studio	Peter
12:30-13:15	Spin	All Levels	Spin Studio	Kara
12:25-13:10	Body Pump	All Levels	Main Studio	Joelle
12:30-13:00	Power Circuit	All Levels	Functional Zone	Fitness Team
13:15-14:00	Body Attack	All Levels	Main Studio	Thabian
17:45-18:30	Spin	All Levels	Spin Studio	Fitness Team
18:00-19:00	Body Combat	All Levels	Main Studio	Dennis
19:00-20:00	Ashtanga Yoga	All Levels	Main Studio	Amanda

## Friday

07:30-08:15	Spin	All Levels	Spin Studio	Laura
12:25-13:05	Spin	Int/Adv	Spin Studio	Fitness Team
12:25-13:10	Body Combat	All levels	Main Studio	Anna
12:30-13:00	Ultimate Abs	All Levels	Functional Zone	Rachel
13:15-14:00	Pilates	All Levels	Main Studio	Tiffany
17:45-18:45	Ashtanga Yoga	All levels	Main studio	Jake

## Saturday

11:00-12:30	Ashtanga Yoga	All Levels	Main Studio	Peter
11:00-11:45	Spin	All Levels	Spin Studio	Fitness Team

## Sunday

12:00-12:45	Box Fit	All Levels	Main Studio	Rob
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## BOOKING PROCEDURES

- ▶ Class reservations can be made 24 hours prior to the class start time.
- ▶ All participants must wear a wrist band provided by reception as proof of booking.
- ▶ Class reservations can be made by calling 020 7921 9343.
- ▶ Please arrive on time for your class, as late arrivals may result in your place being given to another member.
- ▶ Whilst we endeavour to offer the classes advertised, the club reserves the right to cancel or change classes or instructors without notice.

