

Class Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	OPENING TIMES
7.30-8.15 Spin Deck Vie Spin AM* S Eddy	07.30-08.15 Spin Deck V Spin Circuits* S Eddy	07.30-08.30 Studio Astanga Yoga* H Monica	12.15-13.00 Studio Box Circuits** C John	12.15-13.15 Studio Hatha Yoga* H Marcella	10.30-11.15 Studio Top to Tone* A Ildiko	10.30-11.15 Studio Pure Circuits* C Jack	Mon-Thurs: 6am - 10pm Friday: 6am -9pm Saturday: 10am -4pm Sunday: 10am - 2pm
12.30-13.15 Studio Box Circuits** C Bart	12.00-12.30 Academy Pregnancy Pilates* H Keeley	12.00-13.00 Academy Pilates* H Keeley	12.30-13.15 Pool Aqua Aerobics* P Lisa	12.30-13.15 Spin Deck Vie Spin* S Eddy	11.15-11.30 Studio Abs Workout* B Ildiko	11.15-11.30 Gym Vie Core* Co Jack	
12.30-13.15 Spin Deck Vie Spin* S Arnaud	12.15-13.00 Studio Fusion Funk* A Nadia	12.15-13.00 Studio Total Blitz** C Eddy	13.00-13.15 Studio Flat Abs* B John	13.15-13.30 Gym Vie Core* Co	11.30-13.00 Studio Hatha Yoga* H Alexandra		
13.15-13.30 Gym Vie Core* Co	12.30-13.15 Spin Deck Vie Spin* S Bart	12.45-13.30 Spin Deck Vie Spin* S Bart	13.15-13.30 Gym Vie Core* Co	13.15-14.00 Studio Aerobics & Tone* A Nath	12.30-12.45 Gym Vie Core* Co		
13.15-14.00 Studio Fit, Firm & Flexi* A Arnaud	12.30-13.30 Academy Pilates* H Keeley	13.00-13.15 Studio Abs Blast* B Eddy	13.15-14.00 Studio Body Blast* B Arnaud	17.30-18.30 Studio Box Circuits* C John			
14.05-15.05 Studio Swiss Ball Pilates* H Keeley	13.00-13.15 Studio Crunch Time* B John	13.15-13.30 Gym Vie Core* Co	13.15-14.00 Spin Deck Vie Spin* S Eddy	18.30-19.30 Studio Astanga Yoga* H Marcella			
17.45-18.30 Studio Condition Crazy* B Marie	13.15-13.30 Gym Vie Core* Co	13.15-14.00 Studio Funky Aerobics* A Arnaud	14.00-15.00 Studio Astanga Yoga* H Monica				
18.00-18.15 Gym Vie Core* Co	13.15-14.00 Studio Boot Camp** C John	17.45-18.45 Studio Body Makeover* B Marie	17.15-18.00 Studio Aero-Kick Boxing* C Jack				
18.30-19.30 Studio Tip Top Condition* B Marie	17.45-18.30 Spin Deck Vie Spin* S John	18.00-18.15 Gym Vie Core* Co	18.00-18.15 Gym Vie Core* Co				
18.30-19.15 Spin Deck Vie Spin* S Bart	18.00-18.15 Gym Vie Core* Co	18.30-19.15 Spin Deck Vie Spin* S Jack	18.00-19.00 Studio Pilates* H Keeley				
19.30-20.30 Studio Astanga Yoga* H Marcella	18.00-19.00 Studio LBT* B Arnaud	18.45-19.45 Studio Street Dance* D Laura	18.30-19.30 Spin Deck V Spin Circuit* S Jack				
	19.00-20.00 Studio Spicy Salsa* D Roger		19.00-20.00 Studio Belly Dancing* D Francy				

Try the new Vie Core classes on throughout the week

For your safety: Attend whole class / Wear appropriate footwear & clothing / No chewing gum, whilst working out / Stay hydrated, drink plenty of water / Inform the instructor of any injuries or if pregnant

- S** **SPINNING:** A cardiovascular workout to music using stationary bikes. Routines are designed to stimulate terrain and situations encountered in actual bicycle rides, including hill climbs, sprints and interval training.
- C** **CIRCUITS:** A workout comprising a mix of timed strength and cardiovascular exercises completed one after the other with little or no rest in-between.
- A** **AEROBICS:** A class that involves a lot of body movement, designed to strengthen the cardiovascular system and provide an all round body workout. Classes are made up of exercises and movements choreographed along to music for a fun and challenging workout.
- B** **BODY CONDITIONING:** A conditioning class that may include equipment such as hand weights, body bars, resistance bands and steps to improve body tone and strength. The instructor will make you focus on area at a time, which is great for ensuring a head to toe workout.
- H** **HOLISTIC:** These classes improve strength, flexibility and co-ordination whilst allowing you to relax and unwind.
- P** **SWIMMING POOL:** Aerobics in the pool! A great low impact cardiovascular workout; great for anyone with back, hip or knee trouble.
- D** **DANCE:** Take up Salsa dancing lessons and learn easy basic steps and progress to more challenging salsa dance figures whilst meeting new people and having a great time or try a bit of Belly Dancing and shake those hips to some great music.
- M** **MARTIAL ARTS:** Vie offers a variety of martial arts classes to members and non members, please refer to our martial art descriptions on our academy timetable.
- Co** **CORE:** A 15 minute workout focusing on core strength for Abs & Backs as well as functional training for the whole body.

*Easy/Intermediate Class (Beginners welcome) **Intermediate/Advanced Class (More challenging)