

# GROUP FITNESS TIMETABLE

COMMENCING 5<sup>TH</sup> JANUARY 2026



**Brooklands**  
HEALTH CLUB

GROUP FITNESS

TIMETABLE

COMMENCING 5<sup>TH</sup> JANUARY 2026

Timetable Change

\*\*\* Please arrive at this class 5mins prior to its start time for preparation & equipment set-up.

MONDAY

	TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
	0700-0745	Sunrise Yoga	Holistic	Studio	All	Jennie
	0700-0745	Group Cycle***	Cardio	Spin	All	Tracey
	0830-0915	Body Pump Heavy***	Condi	Studio	All	Adam
	0915-1000	Aqua	Aqua	Pool	All	Monica
	0930-1015	LBT	Condi	Studio	All	Georgina
	1030-1115	Group Cycle***	Cardio	Spin	All	Sarah
	1030-1130	Yoga	Holistic	Studio	All	Angela M
	1030-1115	Chair Yoga***	Holistic	Presidents	Beg/All	Catarina
	1145-1230	Low & Tone	Condi	Studio	All	Monica
	1245-1330	Low & Tone	Condi	Studio	All	Monica
	1345-1430	Movement & Mobility	Holistic	Studio	Beg/All	Catarina
	1730-1800	Abs Blast	Condi	Studio	All	Sophie
	1800-1845	Group Cycle***	Cardio	Spin	All	Liam
	1815-1900	Bootcamp	Condi/Cardio	Studio	All	Sophie
	1900-1945	Group Cycle***	Cardio	Spin	All	Liam
	1915-2000	Zumba	Dance	Studio	All	Alys
	1915-2000	Aqua	Aqua	Pool	All	Sophie
	2015-2115	Yogalates	Holistic	Studio	All	Mandy

TUESDAY

	TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
	0700-0745	Body Pump***	Condi	Studio	All	Tracey
	0830-0915	Body Conditioning ***	Condi	Studio	All	Michelle
	0930-1015	90's Aerobics	Dance	Studio	All	Michelle
	1015-1100	Aqua	Aqua	Pool	All	Toni
	1030-1115	Beginners Pilates	Holistic	Studio	Beg/All	Liz
	1030-1115	Group Cycle***	Cardio	Spin	All	Helen
	1130-1215	Intermediate Pilates	Holistic	Studio	Int/Adv	Liz
	1230-1315	Stretch & Sculpt	Holistic	Studio	All	Hannah
	1330-1415	Body Maintenance	Holistic	Studio	Beg/All	Jack
	1430-1515	Equipment Based Pilates	Holistic	Studio	All	Holley
	1720-1800	H.I.I.T	Cardio	Studio	All	Paula
	1805-1850	Pilates	Holistic	Studio	All	Angela M
	1815-1900	Group Cycle***	Cardio	Spin	All	Matt
	1900-1945	Restorative Yoga	Holistic	Presidents	All	Elisa
	1900-1945	Body Conditioning	Condi	Studio	All	Rebecca
	1915-2000	Group Cycle***	Cardio	Spin	All	Matt
	2000-2100	Power Yoga	Cardio	Studio	All	Jennie

WEDNESDAY

	TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
	0700-0745	Circuits	Cardio	Studio	All	Tracey
	0930-1015	Zumba	Dance	Studio	All	Laura C
	1030-1115	Yoga	Holistic	Studio	All	Karl
	1030-1115	Group Cycle***	Cardio	Spin	All	Melissa
	1030-1115	Aqua	Aqua	Pool	All	Lisa
	1130-1215	Advanced Yoga	Holistic	Presidents	Adv	Karl
	1130-1215	LBT	Condi	Studio	All	Georgina
	1230-1315	Pump Heavy***	Condi	Studio	All	Laura
	1330-1415	Pilates for a Healthy Spine	Holistic	Studio	All	Laura
	1730-1815	Body Balance	Holistic	Studio	All	Rebecca
	1815-1900	Group Cycle***	Cardio	Spin	All	James
	1830-1915	Body Combat	Cardio	Studio	All	Ella
	1900-1945	Aqua	Aqua	Pool	All	Sarah H
	1930-2015	Body Pump***	Condi	Studio	All	Ella
	2030-2115	Restorative Stretch	Holistic	Studio	All	Murtaza

THURSDAY

	TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
	0700-0745	Bootcamp	Condi	Studio	All	Maria
	0830-0915	Body Balance	Holistic	Studio	All	Tracey
	0930-1015	Pilates	Holistic	Studio	All	Holley
	1015-1100	Aqua	Aqua	Pool	All	Tracey
	1030-1115	Pilates	Holistic	Studio	All	Holley
	1130-1215	Low & Tone	Condi	Studio	All	Holley
	1130-1215	Chair Yoga***	Holistic	Presidents	Beg/All	Catarina
	1230-1315	Yoga	Holistic	Studio	All	Karl
	1230-1315	Group Cycle***	Cardio	Spin	All	Murtaza
	1730-1800	Abs Blast	Condi	Studio	All	Ella
	1730-1815	Hatha Flow Yoga	Holistic	Presidents	All	Angela M
	1800-1845	Circuits	Cardio	Studio	All	Ella
	1800-1845	Group Cycle***	Cardio	Spin	All	Monica
	1900-1945	Body Conditioning***	Condi	Studio	All	Monica
	1915-2015	Run Club	Cardio	Outside	All	Rob
	2000-2045	Pilates	Holistic	Studio	All	Elisa/Holley

FRIDAY

	TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
	0700-0730	H.I.I.T & Abs	Condi/Cardio	Studio	All	Tracey
	0830-0915	Body Pump***	Condi	Studio	All	Adam
	0930-1015	Yoga	Holistic	Studio	All	Rebecca
	0930-1015	Group Cycle***	Cardio	Spin	All	James
	1030-1100	Express Group Cycle***	Cardio	Spin	All	James
	1030-1115	Body Pump***	Condi	Studio	All	Rebecca
	1030-1115	Aqua	Aqua	Pool	All	Tracey
	1130-1215	Body Balance	Holistic	Studio	All	Rebecca
	1230-1315	Strength & Sculpt	Condi/Cardio	Studio	All	Holley
	1330-1415	Low & Tone	Condi	Studio	All	Toni
	1800-1845	Strong Nation	Condi/Cardio	Studio	All	Paula
	1800-1845	Group Cycle***	Cardio	Spin	All	Matt
	1845-1930	Zumba	Dance	Studio	All	Paula

SATURDAY

	TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
	0900-0945	Pilates	Holistic	Studio	All	Angela M
	0930-1015	Group Cycle***	Cardio	Spin	All	Brian
	0955-1040	Circuits	Cardio	Studio	All	Ella
	1000-1045	Run Club	Cardio	Outside	All	Rob
	1030-1115	Group Cycle ***	Cardio	Spin	All	Chris
	1045-1130	Zumba	Dance	Studio	All	Paula
	1145-1230	Body Pump***	Condi	Studio	All	Rebecca
	1245-1330	Body Balance	Condi	Holistic	All	Rebecca
	1500-1600	Yoga	Holistic	Studio	All	Johnathon

SUNDAY

	TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
	0930-1015	Body Combat	Cardio	Studio	All	Catherine
	1030-1115	Group Cycle***	Cardio	Spin	All	Adam
	1030-1115	Zumba	Dance	Studio	All	Paula
	1130-1215	Body Pump***	Condi	Studio	All	Tracey
	1230-1315	Body Balance	Holistic	Studio	All	Rebecca
	1600-1700	Yoga	Holistic	Studio	All	Aileen
	1715-1800	Meditation	Holistic	Studio	All	Aileen

DON'T MISS OUT!

Book early to avoid disappointment

Our classes are popular and regularly fill up quickly (we must be doing something right!) To avoid disappointment it is advisable to book early. You can book for any of our classes eight days in advance. Bookings can be made online at [brooklandshealthclub.co.uk](http://brooklandshealthclub.co.uk), via the special Brooklands app, or at reception.

Remember to get there early

There are often waiting lists for our most popular classes. For this reason, we ask that you arrive at least five minutes before the class starts to ensure your space. Within the last five minutes we will give away the remaining spaces to anyone on the waiting list.

Don't forget to cancel

There are many reasons why you can't make a class that you have booked. That is not a problem. We just ask that you let us know. This means that someone else can be given the space.

# CLASS DESCRIPTIONS

## AQUA

Splash your way to fitness with one of the most popular low impact classes. Suitable for all levels!

## BODY BALANCE

A Yoga-based group fitness class developed by Les Mills, combining simple yoga movements with elements of Tai Chi and Pilates, all set to music. Designed for group fitness and suitable for all levels, the class guides you through gentle bending and stretching to an inspiring, uplifting soundtrack.

## BODY COMBAT

A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 570 calories\*\* in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

## BODY CONDITIONING

A full body workout targeting all major muscle groups suitable for those wanting to improve their all over definition forever!

## BODY MAINTENANCE

Join Jack who will guide you through physio-based movements. This session offers members the opportunity to explore efficient and effective rehabilitation movement, which can improve body form and lead to pain-free activity.

## BOOTCAMP

Boot camp fitness classes are dynamic and intense group workouts that combine elements of high-intensity interval training (HIIT), and functional exercises. These classes are designed to provide a total body workout that challenges participants both mentally and physically.

## BODY PUMP

A fast-paced, barbell-based workout that's specifically designed to help you get lean, toned and fit. It uses a combination of motivating music, fantastic instructors and scientifically proven moves to help you achieve these targets more quickly than you would working out on your own.

## CIRCUITS

Circuit training is a training method that involves performing a set of pre-programmed exercises one after another. It's also known as interval training. There are a few seconds of rest between exercises and different options for all fitness levels. This class would be different every week.

## CHAIR YOGA

A gentle, accessible class practiced seated or using a chair for support. Suitable for all abilities, it's ideal for those with limited mobility, balance concerns, or anyone new to yoga. Sessions move at a comfortable pace to support well-being, improve circulation, and encourage calm and relaxation. No prior yoga experience needed.

## DANCE FIT

This fun packed dance class will take you through different styles and eras. No dance experience necessary.

## EXPRESS SPIN

A shorter indoor cycling class that delivers the cardio and strength benefits of a full spin session in less time. It includes sprints, hill climbs, resistance intervals, and seated and standing efforts.

Ideal for busy schedules or for those new to spin who want a more manageable introduction.

## GROUP CYCLE

A fun, athletic, cardiovascular cycling workout that guarantees to leave you on a high. Spin is for those willing to work hard to burn excess fat, you will shred up to 600 calories in 45 minutes and get a great cardio boost.

## GROUP CYCLE BEGINNER

A fun, athletic, cardiovascular cycling workout that guarantees to leave you on a high. This class is intended to help you get started with your Group Cycle experience, teach you all the basics and improve your confidence.

## HATHA FLOW YOGA

Hatha Flow Yoga is a gentle, breath-guided yoga practice that blends slower-paced, mindful poses (from Hatha Yoga) with light, flowing transitions between movements. It emphasizes proper alignment, breath awareness, and building strength and flexibility at a steady, accessible pace.

## H.I.I.T (HIGH INTENSITY INTERVAL TRAINING)

HIIT is a type of interval training exercise. It incorporates several rounds that alternate between several minutes of high intensity movements to significantly increase the heart rate to at least 80% of one's maximum heart rate, followed by short periods of lower intensity movements.

## H.I.I.T & ABS

H.I.I.T workouts will turn you into a more effective fat burner in a shorter amount of time, including a fantastic and effective workout that focuses on the core muscles with the goal to tone, strengthen and define.

## LEGS, BUMS & TUMS

Exercise your way to fantastic legs, bums and tums with this fun class combining aerobics with focused toning exercises.

## LOW & TONE

A low impact option combining a perfect mix of cardio and conditioning in a fun yet effective way – think fitness without all the frantic antics. Perfect for beginners, older adults or anyone returning to exercise.

## MEDITATION

Learn and practise the techniques to calm the mind, improve focus and cultivate inner awareness. Its important to feel comfortable when meditating, so please feel free to bring a pillow, blanket or eye mask.

## MOVEMENT & MOBILITY

An alignment-focused class open to all abilities, designed to improve ease, confidence, and fluidity in everyday movement. Through mindful, steady exercises, we build mobility, stability, balance, and body awareness to support more comfortable, controlled movement. Simple props may be used to support or gently enhance each exercise.

## PILATES

A slow and controlled exercise method which helps to improve posture, mobility and strength. Perfect for body and mind.

## PILATES FOR A HEALTHY SPINE

A slow and controlled exercise method which helps to improve posture, mobility and strength. Perfect for body and mind, with specific focus on improving spinal health.

## POWER YOGA

A dynamic and physically challenging style of yoga, that combines traditional yoga with fitness movements. The focus is on strength, flexibility and stamina, whilst building muscle tone and endurance. This style is more athletic and fitness orientated.

## RESTORATIVE STRETCH

A gentle guided session, that opens with a light warm-up, followed with slower, deeper stretches, facia-release work and mindful breathwork. The class concludes with a guided meditation to release tension and leave you feeling aligned, centered and restored.

## RESTORATIVE YOGA

Restorative Yoga is a slow, meditative practice designed to activate the body's relaxation response by holding supportive poses for longer periods of time, promoting deep rest, stress relief, and overall well-being.

## STRENGTH & SCULPT

A low-impact, full-body workout that builds strength, improves muscle tone, and enhances stability. Using dumbbells and bodyweight, the class focuses on controlled movements to sculpt and strengthen without high-impact exercises. Suitable for all fitness levels and ideal for building lean muscle and feeling stronger overall.

## STRETCH & SCULPT

A balanced, low-impact class combining gentle strength work with focused stretching to improve flexibility, muscle tone and overall mobility. Using bodyweight and light resistance, movements are controlled and mindful, helping to lengthen muscles while building strength. Suitable for all fitness levels and ideal for improving posture, easing tension, and feeling stronger and more mobile.

## STRONG NATION

Combining body weight, muscle conditioning, cardio and plyometric training all set to music. Helps burn calories and tone up muscles.

## YOGA

A breath and movement practice based on the most functional aspects of Yoga and incorporating other helpful movements to increase stability, balance and range of movement. Every exercise is specifically designed for correcting the general muscle imbalances and restrictions of modern life, coupled with benefits to the mind from focused breathing and movement. (Advanced practise is also available, see timetable)

## YOGALATES

A mixture of pilates and yoga. You will get a workout that increases core strength and improves posture, whilst increasing flexibility and reducing stiffness. The Pilates exercises are aimed at strengthening the core abdominal muscles, which support the spine and assist in good posture. Suitable for all fitness levels.

## ZUMBA

Zumba takes the "work" out of workout, by mixing low & high-intensity moves for an interval-style, calorie-burning dance fitness party.