

# THE GLASSWORKS

## Studio Timetable WINTER 2011/12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30 - 10:30 <b>Kundalini Yoga</b> - Lizzie	9.30-10.30 <b>Pilates</b>	8:00 - 8:30 <b>Body Toning</b>	13.00-13.30 <b>Zumba</b> Irina	10:30 - 11.30 <b>Iyengar Yoga</b>	9:30 - 10:30 <b>Pilates LEVEL 2</b>	10:30 - 11:30 <b>Iyengar Yoga</b>
17.30-18.30 <b>Hatha Yoga</b> Anna	Jay	Harriet/Jenna	17.30-18.30 <b>Flow Yoga</b> Anna	Kathy	Jay	Arabella
19.00-20.00 <b>High Intensity Workout</b> -Jarek		17.30-18:15 <b>Boxfit</b> Jamie	19.00-19.45 <b>Kickfit</b> Jamie	17.00-18.00 <b>Pilates</b> Howard		
20.15-21.00 <b>Zumba</b> Irina			20.00-20.45 <b>Spinning</b> Ben			

if less than 3 persons attend a class, we reserve the right to cancel it.

### AEROBIS/CONDITIONING CLASSES

**Body Conditioning:** A quick 30 minute circuit session involving all parts of the body. Lots of reps less sets.

**Spinning:** A cardiovascular workout on specialist Shwinn bikes, taking you on a simulated mountain ride.

**High Intensity:** A tough workout using a variety of exercise techniques - Including a 15 minute Abs Blast session.

**Box Fit:** Fast, furious, fun + dynamic. A high-energy non-contact class for all, testing stamina + resilience.

**Kickfit:** The very challenging class. Similar to the very popular Boxfit. Fast paced to increase power and stamina.

**Zumba:** This is a fun, exhilarating, effective + easy to follow class, incorporating latin, hip hop + salsa dance.

### WELLNESS CLASSES

**Yoga:** An all round relaxation and mobilising exercise to improve your general well being and muscle tone.

**Pilates:** A mat based class designed specifically to target the abdominal and back, emphasis on strong core/stability.

**Kundalini Yoga:** Powerful form using mantra, meditation and posture. Reach your spirit. Raj Yoga.

**Sivananda Yoga:** Hatha Yoga using breath work, posture, visualisation and relaxation.