

EHT GLASSWORKS HEALTH CLUB

CORRECT AS OF 05.05.18

	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY		
	CLASS	START	END	CLASS	START	END	CLASS	START	END	CLASS	START	END	CLASS	START	END	CLASS	START	END	CLASS	START	END
MORNING										Spin	6.45	7.15									
	Afterburn	7.30	8.00	Spin	7.15	7.45	Boxfit	7.30	08.00	Spin	7.15	7.45	Spin	07.15	08.00						
				Abs	7.45	8.15				Abs	7.45	8.15									
							Kundalini	9.30	10.30	Pilates	9.00	10.00	Iyengar	09.30	10.30	Vinyasa	9.30	10.30	Iyengar	9.30	11.00
LUNCH	Fitball	10.00	11.00	Iyengar	10.00	11.15															
	Core	12.15	13.00	Body Conditioning	12.15	13.00	LBT	12.15	13.00	Bootcamp	12.30	13.15	Full body Friday	12.15	13.00	Pilates	11.30	12.30			
	Tabata	13.00	13.30	Tone	13.00	13.30	Tabata	13.00	13.30	Spin	13.20	14.00				Barless Barre	13.00	14.00	Vinyasa	13.00	14.00
				Kickfit	17.45	18.30	Iyengar	17.15	18.15				Pilates	17.15	18.15						
EVENING				LBT	18.30	19.15													Flow	16.30	17.30
	Sivananda	18.15	19.30	Spin & Abs	18.45	19.30				Spin	18.30	19.00	Boxfit	18.30	19.15						
	Zumba	19.45	20.30	Detox	19.30	20.30															

Our classes are free for all members, please **sign in** at the front desk 10-15 minutes before the class starts to book your space.

READY. SET. SWEAT.

Abs: A mat based class to stretch and strengthen your abs and core

Afterburn: A fast-paced cardio and strength workout to get you ready for the day. It'll leave you burning all day!

Barless Barre: An exciting mix of dance, yoga, & Pilates that takes you off the barre to tighten & tone your body.

Body Conditioning: An intense all body workout.

Bootcamp: Circuits, putting the body to the test, at your own pace.

Boxfit: Push yourself with a mix of resistance and boxing.

Core: An intense class, working the whole core.

Full Body Friday: A fun lunchtime challenge to work your entire body.

KickFit: Intensive class that uses kicking routines to burn fat & tone.

LBT: A fun workout aimed to tone those Legs, Bums & Tums!

Spin: Indoor cycling that pushes your endurance levels

Tabata: Hiit lunchtime hard with this energetic timed workout

Tone: Work that core and feel the burn with a short but effective session to tone and define

Zumba: Fun & exhilarating dance class.

Detox Yoga: Challenge your strength, balance and mind with this active form of yoga.

FitBall: A fitness class utilizing the benefits of the Swiss Ball, aiding core and posture.

Flow Yoga: A slow form of yoga, flowing from one sequence to the next.

Iyengar Yoga: Using props to aid in performing Asanas (postures) developing your strength and wellbeing.

Kundalini Yoga: Powerful form of yoga using mantra, meditation and posture to harness the body's energy.

Pilates: Mat based class designed to target the abs and back focusing on core stability, flexibility and mobility.

Sivananda Yoga: A gentle form of Hatha yoga for toning, stretching and building physical and mental strength.

Suitable for everyone.

Vinyasa Yoga: A holistic class with dynamic sequences focused on connecting mind, body and breath.

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The Glassworks Health Club 