CLASS TIMETABLE

HytheImperial
HEALTH CLUB & SPA

DAY	TIME	CLASSES
MONDAY	10:00 - 10:45	Body Conditioning
	11:00 - 11:45	Aqua Aerobics
	18:00 - 18:45	Pilates
TUESDAY	09:30 - 10:30	Ab Fab
	11:30 - 12:30	Holistic Fusion Movement
	18:00 - 19:00	Callenetics
WEDNESDAY	09:30 - 10:30	Circuit Training
	11:00 - 11:45	Aqua Aerobics
	12:00 - 12:30	Midday Motivator
	17:30 - 18:00	Aqua Aerobics
	18:15 - 18:45	Aqua Aerobics
	19:45 - 20:45	Yoga
THURSDAY	09:15 - 10:45	Yoga
	18:00 - 18:45	Legs, Bums & Tums
FRIDAY	09:30 - 10:30	Circuit Training
	11:30 - 12:15	Aqua Aerobics

CLASS DESCRIPTIONS

Ab Fab
30 Minute workout targeting the core and abs. Suitable for all levels.

Aqua Areobics
Workout combining movements and water resistance, some classes include water weights. Suitable for All levels.

Body Conditioning
Performance conditioning helpful with sports applications. Suitable for all levels.

Callenetics
Using precise positioning to isolate specific muscle groups helping them to work deeper and tone quickly.

Circuit Training
Variable intensity class using various styles of exercises to increase strength, endurance, and core stability. Suitable for all levels.

Holistic Fusion Movement
Holistic Movement Fusion class, where we blend the best of Pilates, yoga, primal movement, mobility training, and brain-based movement techniques. This unique class is designed to enhance your physical, mental, and emotional well-being through a holistic approach to fitness.

Legs, Bums & Tums
A fun aerobic workout that will burn calories, great for weight loss and will help to increase overall fitness levels. Suitable for all levels

Midday Motivator
A 30-minute Gentle low impact aerobic class. Suitable for all levels.

Pilates
Pilates is a low-impact exercise method that focuses on strengthening deep core muscles, improving posture, flexibility, and balance through precise, controlled movements and breathwork.

Yoga
Creating balance in the body through developing strength and flexibility. Suitable for all levels