

Class Timetable



THE CLUB
EASTWOOD HALL

Monday		09:30-10:15 Circuits	10:50-12:15 Tai Chi	13:00-13:55 Fit-steps	14:00-15:00 Yoga	18:00-18:30 Indoor Cycling	18:45-19:45 Hatha Yoga	
Tuesday	9:45-10:15 LBT	10:30-11:15 Cardio Tone		18:00-18:45 Body Conditioning	18:45-19:45 Pilates	Aqua Class timetable		
Wednesday	9:30-10:15 Step	10:30-11:30 Power Yoga	16:00-17:00 Pilates	18:00-18:45 H.I.T.T				
Thursday	9:30-10:15 LBT & Stretch	14:45-15:45 Gentle Yoga	18:00-18:45 Zumba	18:50-19:20 Indoor Cycling				
Friday	9:15-9:45 Indoor Cycling	9:50-10:50 Pilates	17:20-18:10 Hatha Yoga					
Saturday	09:00-09:30 M1ND	9:40-10:30 Pump it up	10:40-11:25 Insanity					
Sunday	9:15-10:00 Circuits	10:05-10:35 Indoor Cycling						

Aqua Class timetable	
Monday	10:30 - 11:15
Tuesday	09:30 - 10:15
Wednesday	09:30 - 10:15
Friday	11:00 - 11:45
Saturday	10:30 - 11:15

To Book Call: 01773 532520 or email:
Theclub.eastwood@thevenuescollection.co.uk

LBT - LBT stands for Legs, Bums and Tums – a fitness class that targets the lower body and core to tone and strengthen muscles.

Fit-Steps - A dance-based fitness class that combines simple steps with music to improve fitness, coordination, and confidence.

Insanity – A high-intensity interval training (HIIT) workout that uses bodyweight exercises in intense, nonstop circuits to build endurance, strength, and fitness.

Power Yoga -A vigorous, fitness-based style of yoga that combines strength, flexibility, and stamina through dynamic poses and sequences.

H.I.I.T - HIIT (High-Intensity Interval Training) is a workout that alternates short bursts of intense exercise with brief rest periods to burn calories and improve fitness quickly.

Cardio Blast - A high-energy workout that focuses on raising your heart rate through aerobic exercises to burn calories and improve cardiovascular fitness.

Mind – Focus' on mental wellbeing, using techniques like meditation, relaxation, and gentle movement to reduce stress and improve focus.

Pump It Up - A high-energy workout that uses weights and resistance exercises to tone muscles and build strength.

Circuits – A group workout made up of different exercise stations that you move between, each targeting different muscles or fitness skills.

Hatha Yoga - A gentle form of yoga that focuses on basic poses and breathing to improve flexibility, strength, and relaxation.

Pilates - A low-impact exercise that focuses on core strength, flexibility, and controlled movements to improve posture and overall body tone.

Tai Chi – A gentle exercise that uses slow, flowing movements and deep breathing to improve balance, flexibility, and relaxation.

Indoor cycling – A group workout where you ride a stationary bike, following an instructor's music and cues to improve fitness and burn calories.

Cardio tone - A workout that combines cardio exercises with toning moves to improve fitness and strengthen the whole body.

Yoga - A mind-body exercise that uses poses, breathing, and relaxation to improve flexibility, strength, and wellbeing.



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