**Long Stratton Class Timetable 2019**

**Monday**
- 07:00 Yoga Mind and Body Studio
- 09:30 Totally Shredded Studio 1
- 10:30 Yoga Mind and Body Studio
- 11:30 Fit For Life Studio 1
- 13:00 Boxercise Studio 1
- 18:00 Indoor Cycling Studio 1
- 18:30 Yoga Mind and Body Studio
- 19:00 Circuit Training Studio 1
- 19:30 Yoga Mind and Body Studio
- 20:00 Body Pump Studio 1

**Tuesday**
- 07:00 Rig Workout Gym
- 09:30 Body Pump Studio 1
- 10:30 Step & Tone Studio 1
- 10:30 Yoga Mind and Body Studio
- 12:30 Lunchtime Yoga Mind and Body Studio
- 18:00 Indoor Cycling Studio 1
- 19:00 Core Conditioning Studio 1
- 19:00 Beatz Studio 1
- 19:30 Yoga Mind and Body Studio
- 20:00 GRIT Strength Studio 1
- 20:30 GRIT Cardio Studio 1

**Wednesday**
- 09:30 Indoor Cycling Studio 1
- 10:30 Pilates Mind and Body Studio
- 12:15 Rig Workout Gym
- 18:00 Indoor Cycling Studio 1
- 19:00 GRIT Strength Studio 1
- 19:30 Yogalates Mind and Body Studio
- 19:30 GRIT Athletic Studio 1
- 20:00 Body Pump Studio 1

**Thursday**
- 07:00 Rig Workout Gym
- 09:30 Combat Studio 1
- 10:30 Yoga Mind and Body Studio
- 10:30 Fitsteps Studio 1
- 12:15 Lunchtime Cycling Studio 1
- 18:00 Combat Studio 1
- 18:30 Yoga Mind and Body Studio
- 19:00 GRIT Strength Studio 1
- 19:30 Pilates Mind and Body Studio
- 19:30 GRIT Cardio Studio 1
- 20:00 Tai Chi Studio 1

**Friday**
- 09:30 Body Pump Studio 1
- 10:30 Pilates Mind and Body Studio
- 10:30 Fit For Life Studio 1
- 11:30 SOSA Studio 1
- 09:30 Indoor Cycling Studio 1
- 09:30 GRIT Strength Studio 1
- 10:00 GRIT Athletic Studio 1
- 12:15 Rig Workout Gym
- 18:00 Indoor Cycling Studio 1
- 19:00 Boogie Bounce Studio 1

**Saturday**
- 09:30 Indoor Cycling Studio 1
- 09:30 GRIT Strength Studio 1
- 10:00 GRIT Athletic Studio 1

**Sunday**
- 09:30 GRIT Strength Studio 1
- 10:00 GRIT Athletic Studio 1

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**THESE CLASSES ARE ALSO SUITABLE FOR JUNIORS AGED 13 – 16**

**THESE CLASSES ARE ONLY SUITABLE FOR OVER 16’s**


Please book in advance to avoid disappointment. Classes will only run with a minimum of 4 attendees. Visit the website for more information and to book [south-norfolk.gov.uk/leisure](http://south-norfolk.gov.uk/leisure)

Please note
Class bookings require two hours cancellation notice. After that time we’ll be unable to refund any fees and members will be charged for the space. Late entry is not permitted due to class disruption.

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**Long Stratton Leisure Centre**

South Norfolk
Class Descriptions

Beatz
Beatz is a multi-genre dance fitness workout suitable for everyone. Feel the beat and burn with this fun and simple all-inclusive group fitness class.

Boogie Bounce
The Boogie Bounce Xtreme programme is Pap, Fun, Funky and Fat burning. It is a complete exercise programme on a mini trampoline, with a safety bar, choreographed to chart topping inspiring music which includes an extremely effective cardio section, and a really powerful burns, turns and thighs section too! Every muscle in the body is worked, even the Facial muscles!

Circuit Training
A combination of cardio and resistance exercises aimed to improve stamina and burn fat!

Core Conditioning
A 30 minute intense class focusing on developing core muscle strength! Benefits include improving posture, balance, flexibility and muscle tone.

FitSteps®
This is an energetic, upbeat dance class designed to achieve real measurable fitness results. The dance workout mixes the graceful steps of Ballroom and the up-tempo steps of Latin dances to create fun-filled classes where you don’t even realise you’re getting fit. Transform your body and have fun dancing to music that will get your heart pumping!

Les Mills GRIT Strength
A 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups.

Les Mills GRIT Athletic
A 30-minute high-intensity interval training (HIIT) sports conditioning workout, designed to make you perform like an athlete. This workout often uses a step, bodyweight exercises and multi-dimensional sports conditioning training to increase your overall athletic performance: strength, agility, speed and power.

Les Mills GRIT Cardio
A 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast.

Pilates
This class consists of a variety of controlled, non-impact stretching and strengthening mat based exercises that focus on core-conditioning, breathing, flexibility, mobility and body awareness. This class is excellent for full body conditioning while promoting a feeling of mental wellbeing and can be adapted to those with limited mobility.

Rig Workout
A high intensity 30 minute workout utilising brand new Connexus multi-functional rig, and a wide range of other functional gym equipment.

SOSA
SOSA combines authentic dance steps and body styling in one fantastic fusion of dance and fitness. SOSA classes are high energy but low impact, making them suitable and safe for all fitness levels.

Tai Chi
Tai Chi combines deep breathing and relaxation with flowing movements. Originally developed as a martial art in 13th century China, Tai chi is now practiced around the world as a health promoting exercise.

Totally Shredded
Totally Shredded is one of the first HIIT and combat workouts that is inspired by Funky house and drum and bass music. This class is aimed to deliver a fun workout that shreds inches off your body!

Yoga
Designed to strengthen the body and increase flexibility, it also improves the Functioning of the respiratory, circulatory, digestive, and hormonal systems. Yoga brings about emotional stability and clarity of mind.

Yogalates
A mixture of yoga and Pilates exercises in one class. Strengthening the core muscles, improving posture and flexibility.