

Times	Studio	7.00 - 8.25	8.30 - 9.25	9.30 - 10.25	10.30 - 11.25	11.30 - 12.25	12.30 - 13.25	13.30 - 14.25	14.30 - 18.25	18.30 - 19.25	19.30 - 20.25	20.30 - 21.30
MON	1		Body Pump	Body Step	Body Pump	Zumba	Line Dancing 13.00 - 14.00	Advanced Line Dancing 14.00 - 14.30	Metafit 18.00 - 18.30	Body Attack	Body Combat	Body Pump
	2	Pilates 7.30 - 8.25	Pilates	Vinyassa Flow Yoga	Body Balance	Callanetics		Metafit 13.30 - 14.00	Ab Attack 18.00 - 18.25	Body Balance	Pilates	
	Spin/Pool	Endurance Spin 6.45 - 7.45		Spin 9.30 - 10.15	Spin 10.30 - 11.15	Aqua 10.30 - 11.15			Spin 17.30 - 18.15	Spin 18.30 - 19.15		Spin 20.40 - 21.25
TUES	1			Body Combat	LBT	Metafit 10.30-11.00		Fit & Fun 14.00 - 14.55	Zumba 17.30 - 18.25	Body Step	Body Pump	Latin Aerobics
	2			Body Balance	Hatha Yoga	Tai Chi 11.45 - 12.45			Pilates 17.30 - 18.25	Functional Core Conditioning	Hatton ABC	Pilates
	Spin/Pool			Spin 9.30 - 10.15	Spin 10.40 - 11.25	Ab Attack (Gym) 10.30 - 11.00			Spin 17.30 - 18.15	Endurance Spin	Spin 19.40 - 20.25	
WEDS	1	Body Pump 7.00 - 7.45		Body Pump	Zumba	Body Balance	Functional Core Conditioning		Pilates 17.30 - 18.25	Body Attack	LBT	Body Combat
	2		Pilates	Hatton ABC 9.30 - 10.25	Hatha Yoga 10.30 - 12.00		Stretch & Relaxation	Pilates	Yoga 17.30 - 18.25	Stretch & Relaxation	Body Balance	
	Spin/Pool	Spin 7.00 - 7.45		Spin 9.30 - 10.15	Spin 10.40 - 11.15	Aqua 10.30 - 11.15	Fast Fit 12.30-13.00	Metafit 13.00-13.30	Aqua 14.00 - 14.45	Ab Attack (Crèche) 18.00 - 18.30	Spin 18.40 - 19.25	Spin 19.40 - 20.25
THUR	1			Body Attack	Fit & Fun				Body Pump 17.30 - 18.25	Dance Fever	Body Step	Body Pump
	2			Pilates	Body Balance					Body Balance	Yoga	
	Spin/Pool			Spin 9.40 - 10.25	Ab Attack (Gym) 10.30 - 11.00					Spin 18.40-19.25	Ab Attack (Gym) 19.30-20.00	Spin 19.40 - 20.25
FRI	1	Body Pump 7.00 - 7.45		Body Combat	Body Pump	Zumba 11.30 - 12.15			Body Combat 18.00 - 18.55	Body Pump 19.00 - 19.55		
	2		Body Balance	Hatha Yoga	Ab Attack 10.30 - 11.00		Pilates	Stretch & Relaxation	Pilates 14.30 - 15.25	Vinyassa Flow Yoga 18.00 - 19.30		
	Spin/Pool			Spin 9.40 - 10.25	Spin 10.40 - 11.25	Aqua 10.30 - 11.15	Fast Fit 13.00 - 13.30		Spin 18.00 - 18.45			
SAT	1	Body Attack 8.00 - 8.55	Body Pump 9.00 - 9.55	Body Balance 10.00 - 10.55	Ab Attack (Gym) 10.30 - 11.00				<p>*Members must book a 15 minute studio technique session for spin & body pump before attending their first class. This session can be booked in the Gym at a time suitable for you.</p> <p>Bookings can be made up to six days in advance of the class, in person or by telephone or online. Numbers are limited. Please make every effort to cancel your classes online or via the club reception.</p> <p>Book online at: www.bentonhall.co.uk</p> <p>Outdoor Classes - please wear appropriate attire to suit weather condition</p>			
	2		Boot Camp 9.30 - 10.25	Vinyassa Flow Yoga 9.00 - 10.30								
	Spin		Endurance Spin 9.00 - 10.00	Spin 10.05 - 10.50								
SUN	1		Step 9.00 - 9.55	Body Pump 10.00 - 10.55	Body Combat 11.00 - 11.55							
	2			Yoga 10.00 - 11.30		Body Balance						
	Spin		Spin 9.00 - 9.45	Spin 10.00 - 10.45								

Benton Hall Class Descriptions	DURATION	EXERCISE TYPE	BURN RATE	EQUIPMENT	MUSIC	RESULTS	
	BODY ATTACK	55mins	sports-inspired cardio	avg. 735 kcals	none	the latest fun & hard hitting tunes	improves agility, coordination, strength & endurance, improves heart & lung fitness
	BODY STEP	55mins	step based cardio	avg. 620 kcals	height adjustable step	the latest fun & funky tunes	improves heart & lung fitness, improves agility and coordination, increases strength & endurance
	LEGS BUMS & TUMS	55mins	aerobics to music, light weight or no weights for toning	avg. 500 kcals	none	upbeat & motivating tunes to dance and tone the body	improves co-ordination, heart and lung fitness, tones the body
	STEP	55mins	step based cardio	avg. 600 kcals	height adjustable step	upbeat & motivating tunes to dance and tone the body	improves co-ordination, heart and lung fitness, tones the body
	BODY COMBAT	55mins	martial arts inspired cardio	avg. 740 kcals	none	the latest fun & funky tunes	tones & shapes, increases strength & endurance, builds self confidence
	PILATES	55mins	holistic	avg. 390 kcals	mat	relaxing & calming music	increases core strength, mobility & flexibility
	CALLANETICS	55mins	holistic	avg. 390 kcals	mat	relaxing & calming music	increases core strength, mobility & flexibility
	TAI CHI	55mins	martial arts inspired holistic	avg. 200 kcals	mat	relaxing & calming music	improves balance & general mobility increases muscle strength in the legs
	YOGA	60/90mins	variety of yoga styles	up to 300 kcals	yoga mat	relaxing & calming music	increases core strength
	BODY BALANCE	55mins	inspired by yoga, tai chi & pilates	avg. 390 kcals	yoga mat optional	soulful, calming & inspiring	improves joint flexibility & range of motion tones & shapes, enhances well being
	STRETCH & RELAX	55mins	flexibility, mobility & strength	avg. 200 kcals	mat	relaxing & calming music	improves flexibility & mobility focuses on relaxation through stretch
	FUNCTIONAL CORE CONDITIONING	55mins	core circuit training	avg. 400 kcals	BOSU, swiss balls & mats	upbeat & motivating	improves coordination, balance and strength in the core area
	ABS ATTACK / CORE CONDITIONING	30mins	conditioning	avg. 150 kcals	mat, hand weight & soft ball	upbeat & motivating	improves core stability and conditions abs
	BODY PUMP	55mins	weight based resistant training	avg. 560 kcals	barbell, plate, & height adjustable step	latest hard hitting & inspiring tunes	increases strength & endurance, tones & shapes, helps maintain bone health
	METAFIT	30mins	high intensity interval training	up to 400 kcals	none	upbeat and dynamic tunes to help motivate you	increase heart & lung fitness improves muscle tone & coordination increases energy
	HATTON ABC	55mins	group boxing cardio	avg. 700 kcals	boxing gloves & bag focus pads & mat	upbeat & motivating	improves core conditioning, increases coordination improves heart & lung fitness
	FIT AND FUN	55mins	low impact cardio & strength	avg. 400 kcals	small exercise balls, resistance tubes and mats	upbeat	low impact, whole body group fitness workout that boosts fitness and core strength
	SPIN	45/55mins	cardio group cycling	avg. 600 kcals	indoor stationary exercise bike	upbeat & motivating tunes taking you on a cycle journey	improves heart & lung fitness, increases strength & endurance
	DANCE FEVER	55mins	low impact cardio	up to 500 kcals	none	dance music of all styles, from Dirty Dancing to the latest floor fillers	improves coordination & cardiovascular fitness gives you the feel of being in a dancing group
	LATIN AEROBICS	55mins	dance inspired cardio	avg. 500 kcals	mat	latino & salsa tunes	increases heart and lung fitness and coordination
	ZUMBA	55mins	dance inspired cardio	avg. 450 kcals	none	latin inspired fitness party	increase heart & lung fitness, improves muscle tone & coordination, increases energy
	LINE DANCING	55mins	dance	avg. 360 kcals	none	lots of your favourite upbeat tunes, old & modern music	a low impact class, improves cardio fitness and memory
	FAST FIT	35/40mins	small group functional training	up to 500 kcals	VIPR, kettlebell, dumbbells, medicine ball, swiss balls, BOSU, & barbells	upbeat & motivating	improves strength, agility, core stability, cardio fitness, coordination & balance
	BOOT CAMP	60mins	high intensity circuit training	avg. 600 kcals	tyres, sand bags, wooden logs, water cannisters, hammers, VIPRs, kettlebells, dumbbells, etc	upbeat & motivating	improves core strength, heart and lung fitness, balance, stability
	AQUA	45mins	water resistance aerobics	avg. 400 kcals	woggles	upbeat & motivating tunes to dance and tone the body	improves co-ordination, heart and lung fitness, tones the body