

# Class Timetable



Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:15am-7:45am				<b>HIIT MIX</b>	<b>EXPRESS SPIN</b>
1:15pm-1:45pm	<b>HIIT MIX</b>	<b>CBA</b>	<b>EXPRESS SPIN</b>	<b>LBT</b>	<b>CORE STABILITY</b>
5:15pm-5:45pm	<b>EXPRESS SPIN</b>	<b>HIIT MIX</b>	<b>CORE STABILITY</b>		

## Class Descriptions

### CALM

#### Core Stability

Strengthening the core muscles whilst releasing tension in the whole body through static stretches. (Max 6)

### CARDIO

#### Express Spin

Indoor cycling experience, improves lungs, reducing weight and improves body composition. (Max 4)

#### HIIT Mix

Different stations with different exercises targeting the whole body with minimal rest time between stations. (Max 6)

### STRENGTH/TONING

#### LBT (Legs, Bums, Tums)

Firming the legs, bum and tums through body weight and free weight exercises. (Max 6)

#### CBA (Chest, Back, Arms)

Firming the chest back and arms through body weight and free weight exercises. (Max 6)

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