

Class Timetable



Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:15am-7:45am				BODY TONE FLORINA	SPIN CLASS FLORINA
1:15pm-1:45pm	CIRCUITS DAVID	CBA DAVID	TOTAL BODY WORKOUT FLORINA	LBT FLORINA	STETCH LIKE A YOGI FLORINA
5:15pm-5:45pm	CARDIO AND ABS DAVID	CIRCUITS DAVID	CORE AND STRETCH FLORINA		

Class Descriptions

CALM

Core Stability

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

CARDIO

Cardio and Abs

Heart raiser guaranteed, with constant movement improving lung and heart health. With an added focused section on the core. (Max 6)

Circuits

Different stations with different exercises targeting the whole body with 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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