

# Class Timetable



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

## 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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