

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:30 Aero Pump	08:30 20-20-20	08:30 Body Pump Express	08:30 Cardio Combat 😊	08:30 Body Pump	09:00 Spinning 😊	09:30 Circuits 😊
09:30 Body Balance 😊	09:30 Yoga 😊	09:00 Pilates 😊	09:30 Body Balance 😊	09:30 Body Balance 😊		10:30 Yoga 😊
18:30 Body Balance 😊	18:00 Metafit	18:30 Body Balance 😊	18:00 Core Express 😊	17:45 Metafit		
19:30 Circuits 😊	18:30 Body Pump	19:30 Boxercise	18:30 Yoga 😊	18:30 Spinning 😊		
	19:45 Spinning 😊		19:30 Body Pump	19:30 Stretch and Tone 😊		



**BODY PUMP.** One of the world's fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, row and curl. The cutting-edge BODYPUMP™ choreography and chart-topping music is refreshed every three months, so with your choice of weight and one of our highly trained instructors you will get the results you've been looking for!



**BODYBALANCE.** The Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.



**SPINNING.** A fun, athletic cardiovascular cycling class – the ultimate calorie killer! Start pedalling and let go as the music takes you on the ride of your life through various speeds and intensities. Go at your own pace and enjoy a group session full of motivation and sweat.



**CARDIO COMBAT.** A hard hitting, high energy cardio workout combined with specific martial arts movements, set to motivational music. This class is designed to make you stronger, burn calories, improve fast twitch muscle fibres which aids body fat reduction and give you an all over high octane workout. Be sure to bring your towel, plenty of water and workout like a champion!



**HIIT (High Intensity Interval Training)** is the ultimate fitness class! Utilising full body exercises to ramp up your metabolism, leaving you burning calories hours after the workout has finished.



**PILATES.** Mat-based Pilates improves posture, mobility, flexibility, strength and muscle tone in core, buttocks, thighs, arms, shoulders and back. It boosts the immune system, increases bone density and compliments any exercise routine. The ultimate



**CIRCUITS.** A 60 minute class incorporating a total body workout at your own pace, all to the latest music.



**YOGA** This traditional Yoga class uses postures and stretches in combination with breathing to develop flexibility and relaxation. A great way to increase your suppleness, reduce stress and keep fit. **FITNESS YOGA** Integrates a mixture of the original exercises and ideas with modern research and updated techniques. It is a group exercise class aimed at all levels, ages and abilities designed to enhance your posture, strength, balance and stability.

**20-20-20** gives you a total body workout, it includes 20 minutes of high energy cardio exercise to improve fitness and burn calories and 20 minutes conditioning and core work to sculpt and tone those problem areas. We will be using a variety of different exercises and equipment each week.



**CORE.** This 30 minute class is designed to target the core as a whole in strength and appearance. You will work your abdominals, erector spine and your oblique's to sculpt your torso to your desires.



These classes can now be attended by young people aged between 14-16 if accompanied by a responsible adult

This class timetable may be subject to change due to school events. In this instance we will display a message at reception at least 7 days in advance of the change (subject to sufficient notice). Classes can be booked up to 8 days in advance.



# BROMSGROVE SCHOOL

## SPORTS CENTRE

Bromsgrove School Sports Centre, Worcester Road, Bromsgrove, Worcestershire, B617DU. t: +44 (0)1527 572 129, e: [pfelton@bromsgrove-school.co.uk](mailto:pfelton@bromsgrove-school.co.uk)

DAY	FITNESS SUITE	SWIMMING POOL	SQUASH COURTS	TENNIS	BADMINTON	CAFÉ 1553
MONDAY	07:00-22:00	07:30– 09:00	19:00—21:00	19:00—21:00	19:00—22:00	08:00—19:00
TUESDAY	07:00-22:00	07:30- 09:00 20:30—22:00	19:00– 21:00	19:00—21:00	19:00—22:00	08:00—19:00
WEDNESDAY	07:00-22:00	07:30 - 09:00 20:30—22:00	19:00—21:00	19:00 –21:00	19:00—22:00	08:00-19:00
THURSDAY	07:00-22:00	07:30—09:00 20:00—22:00	19:00—21:00	19:00 –21:00	19:00—22:00	08:00-19:00
FRIDAY	07:00-15:45 17:15 –22:00	07:30—09:00 12.50—13:30 20:00—22:00	19:00—21:00	19:00—21:00	19:00- 22:00	08:00—19:00
SATURDAY	07:00-22:00	12:00– 13:00 18:30– 22:00	17:00—21:00	17:00—21:00	17:00—21:00	08:00—15:00
SUNDAY	07:00– 22:00	07:15– 08:00 14:00– 16:00 18:00– 19:00	07:00—21:00	07:00—21:00	07:00—22:00	08:00—15:00



Lane Swim: 2-4 Lanes for Lane Swimming



Recreation Swim: 2 Lanes and Half Pool for Swim



Family Swim: 1 Lane and ¾ Pool for Families

Badminton, Squash and Tennis times subject to availability. \*Cafe 1553 open term time only.



Please check the website and Speedofit app for all class, pool and holiday timetables

Effective: July 2018