



FITNESS CLASS TIMETABLE

BOOKINGS

Members and non-members can book up to 7 days in advance either by email, phone or reception.

Members can book online up to 8 days in advance – contact the club for more details.



Ask for details of our Fitness Classes at reception, call 020 8657 9313 or visit www.croydonsportsclub.co.uk for more info.



WELCOME

to Croydon High Sports Club, providing you with the opportunity of enjoying a healthier and more active lifestyle.



Call us for more info on **020 8657 9313** or visit www.croydonsportsclub.co.uk

Day	Time	Class	Instructor	Room
Monday	6pm-6.45pm	Group Cycle	Chloe	Studio
Monday	6.15pm-7pm	Bodytone	Naz	Gymnasium
Monday	7pm-8pm	Dynablast	Sue	Gymnasium
Monday	7pm-8pm	Zumba	Carolyn	Sports Hall
Monday	8pm-9pm	Yogalates Fusion	Carolyn	Gymnasium
Tuesday	6pm-7pm	Boot Camp	Glen	Gymnasium
Tuesday	7pm-8pm	Body Bar	Lucy	Gymnasium
Tuesday	8pm-9pm	Bounce & Tone	Lee	Gymnasium
Tuesday	8.15pm-9pm	Aqua	Karen	Pool
Wednesday	6pm-7pm	Hatha Yoga	Jasmine/Sei	Studio
Wednesday	6.15pm-7pm	Group Cycle Target Zone	Sue	Gymnasium
Wednesday	7pm-8pm	Zumba Toning	Carolyn	Sports Hall
Wednesday	7pm-7.45pm	Insanity	Mark	Gymnasium
Wednesday	7.50pm - 8.30pm	Group Cycle	Mark	Gymnasium
Thursday	5.30pm-6pm	Kettlebells	Glen	Studio
Thursday	6pm-6.45pm	Kettlebells	Glen	Studio
Thursday	6.15pm-7pm	Padmania	Sue	Gymnasium
Thursday	7pm-8pm	Feel Good Yoga	Dimi	Studio
Thursday	7pm-7.45pm	Official drum 'n' bass workout	Sue	Gymnasium
Thursday	7.55pm-8.25pm	Group Cycle HIIT	Emily	Gymnasium
Thursday	8.25pm-8.55pm	Group Cycle HIIT	Emily	Gymnasium
Thursday	8.15pm-9pm	Aqua	Glen	Pool
Friday	6.30pm-7.15pm	Group Cycle	Carolyn	Studio
Friday	7.15pm-8.30pm	Barre	Carolyn	Studio
Saturday	8.15am-9.00am	Group Cycle	David	Studio
Saturday	9am-10am	Body Tone Max	Naz	Gymnasium
Saturday	9.00am-10.00am	Pilates	David	Studio
Saturday	10am-11am	Cardio Burn	Lee	Gymnasium
Sunday	9.15am-10am	Group Cycle	Various	Studio
Sunday	10am-11am	Sunday Combo	Various	Gymnasium

AQUA AEROBICS A low impact class ideal for all levels of fitness, based in the water.

BARRE Isometric strength and toning class using postures inspired by Ballet, Yoga and Pilates.

BODY TONE A 45-minute focus on toning and conditioning with hand weights, floor mats & stability balls.

BODY TONE MAX A low-impact focused tone and conditioning regime. Floor mats, hand weights and stability balls all used; like Mondays class but for an hour!!

BOOTCAMP Includes drills designed to enhance agility, speed, power and strength (indoors & outdoors).

BODY BAR An all over toning and cardio class using body bars and hand weights!

BOUNCE & TONE Using a small individual trampoline jump and twist your way to cardio health and a toned body!

CARDIO BURN A high energy cardio workout including use of the steps followed by a hard core upper body workout.

DYNA-BLAST A choreographed aerobic workout with an energetic toning section using Dynabands.

FEEL GOOD YOGA A strength building, flexibility enhancing, fat burning, and core building class.

GROUP CYCLE A challenging cardio workout inspired by cycling to the beat of the music. Increase the resistance and the fun!

GROUP CYCLE HIIT Smash your fitness goals fast with high intensity intervals on a bike!

GROUP CYCLE TARGET ZONE Group cycling combined with circuit training – improve your strength and stamina

HATHA YOGA Release tension from the mind and body; stretch and tone muscles and joints improving posture, self-confidence and physical health.

INSANITY Max interval training to pumping music!

KETTLEBELL EXPRESS Functional cardiovascular exercise, core stability set at a faster than average pace.

KETTLEBELL MIX A combination of HIIT training drills with kettle bells body weight cardio drills and core stability training.

OFFICIAL DRUM 'N' BASS WORKOUT This High Intensity interval class is tough but brilliant fun with easy to follow exercises and combinations.

PADMANIA Improve cardio fitness and coordination with easy to follow calorie-burning combinations using pads and gloves. Great fun for all levels.

PILATES Balance, posture, strength & flexibility in this class for all levels.

SUNDAY COMBO A different class each week! See our website for an up to date schedule!

YOGALATES FUSION A Fusion fitness class that combines postures from yoga and pilates into a routine with upbeat music.

ZUMBA A mix of different music and dance flavours are used to create a hi-intensity workout which feels more like a party!

ZUMBA® TONING Uses toning sticks to make it the perfect way to sculpt your body naturally while having a total blast!

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