

# STUDIO TIMETABLE

10 April – 23 July 2017 Summer Edition

## MONDAY

TIME	CLASS	AREA	INST.	LEVEL
07.00 – 07.55	Boxing Training	Power	Nathan	All
09.00 – 09.45	Active Body Shred	Power	Shaun	All
09.30 – 10.25	Mat Pilates	Peace	Marilena	All
09.50 – 10.20	Stretch & Lengthen	Power	Shaun	All
10.00 – 10.55	Pilates Reformer*	Reformer	Nicholas	All
10.30 – 11.25	Combo Ballet Barre*	Peace	Marilena	All
10.30 – 11.15	Interval Cycling	Power	Adam	All
11.30 – 12.25	Mat Pilates	Peace	Scott	All
12.30 – 13.25	Strength & Cycle	Power	Shannon	All
13.30 – 14.25	Pure Reformer*	Reformer	Nicholas	All
17.15 – 18.10	Spinedango*	Peace	Vladimir	All
18.30 – 19.25	Pilates Reformer*	Reformer	Lucy	Adv
18.30 – 19.25	Optimal Body Shred	Power	Gareth	All
19.35 – 20.25	Hatha Yoga	Peace	Aisha	All
20.30 – 21.05	Zero Gravity Yoga*	Peace	Aisha	Adv

## TUESDAY

TIME	CLASS	AREA	INST.	LEVEL
08.00 – 09.00	Table Tennis	Power	n/a	All
09.30 – 10.25	Mat Pilates	Peace	Kate	All
09.30 – 10.15	HIIT*	Power	Gabriel	All
09.30 – 10.15	Power Aqua	Pool	Maria	All
09.30 – 10.25	Pilates Reformer*	Reformer	Annalisa	Adv
10.30 – 11.25	Pilates Reformer*	Reformer	Annalisa	Adv
10.30 – 11.15	Interval Cycling	Power	Adam	All
10.30 – 11.15	Dance Fitness	Peace	Shaun	All
11.30 – 11.55	Release & Roll	Peace	Shaun	All
11.30 – 12.15	Bounce & Burn*	Power	India	All
17.15 – 18.10	Vinyasa Yoga	Peace	Zeynep	All
18.00 – 18.55	Boot Camp	Power	Gareth	All
18.30 – 19.25	Mat Pilates	Peace	Beth	All
19.00 – 20.00	Capoeira	Power	Angelica	All
19.30 – 21.00	Vinyasa Yoga	Peace	Andrew	All

## WEDNESDAY

TIME	CLASS	AREA	INST.	LEVEL
06.30 – 07.15	Indoor Cycling	Power	Gerry	All
07.00 – 07.55	Warrior Yoga	Peace	Aida	Int/Adv
09.00 – 09.45	HIIT*	Power	Gabriel	All
09.30 – 10.25	Pilates Reformer*	Reformer	Emily	Adv
09.35 – 10.40	Hatha Yoga	Peace	Aisha	All
10.00 – 10.45	Bounce & Burn*	Power	India	All
10.45 – 11.40	Mat Pilates	Peace	Emily	Int
10.45 – 11.40	Swimsanity	Pool	Paul	All
11.45 – 12.40	Pilates Reformer*	Reformer	Emily	All
12.30 – 13.25	Strength & Cycle	Power	Shannon	All
17.15 – 18.00	Interval Cycling	Power	Fit Team	All
18.30 – 19.25	Chelsanity	Power	Gareth	All
18.30 – 19.25	Pilates Reformer*	Reformer	Ivana	Adv
19.30 – 20.30	Boxing Training	Power	Nathan	All
19.30 – 21.00	Ashtanga Yoga	Peace	Manuela	Beg
19.40 – 20.35	Pilates Tower*	Reformer	Ivana	Adv

## THURSDAY

TIME	CLASS	AREA	INST.	LEVEL
08.00 – 09.00	Table Tennis	Power	n/a	All
09.30 – 10.25	Pilates Reformer*	Reformer	Vanessa	Int
09.30 – 10.25	DIVA TRAIN	Power	Grace	All
10.00 – 10.55	Spinedango*	Peace	Vladimir	All
10.30 – 11.15	Interval Cycling	Power	Gareth	All
11.00 – 11.55	Combo Ballet Barre*	Peace	Marilena	All
10.45 – 12.00	Dynamic Tower*	Reformer	Annalisa	Adv
17.15 – 18.00	HIIT*	Power	Gabriel	All
18.30 – 19.25	Active Body Shred	Power	Shaun	All
18.30 – 19.25	Vinyasa Yoga	Peace	Shaun	All
19.00 – 19.55	Power Aqua	Pool	Jonathan	All
19.30 – 21.00	TRE®	Peace	Emma	All

## FRIDAY

TIME	CLASS	AREA	INST.	LEVEL
06.30 – 07.15	Indoor Cycling	Power	Gerry	All
09.00 – 09.55	Pilates Reformer*	Reformer	Ivana	Int
09.00 – 09.55	Mat Pilates	Peace	Beth	All
09.30 – 10.25	Swimsanity	Pool	Paul	All
09.30 – 10.15	HIIT – Leg Day*	Power	Gabriel	All
10.00 – 10.55	Hatha Yoga	Peace	Aisha	All
10.30 – 11.15	Bounce & Burn*	Power	Kate	All
11.00 – 11.40	Zero Gravity Yoga*	Peace	Aisha	All
11.30 – 12.15	321 Fitness Challenge	Power	Kate	All
11.45 – 12.40	Mat Pilates	Peace	Anne	Adv
12.30 – 13.25	Strength & Cycle	Power	Shannon	All
12.30 – 13.25	Pure Reformer*	Reformer	Lucy	Beg
13.30 – 14.25	Pure Tower*	Reformer	Lucy	Beg
17.30 – 18.25	Active Body Shred	Power	Anthony	All
18.30 – 19.15	Interval Cycling	Power	Dean	All
18.30 – 20.00	Kundalini Yoga	Peace	Emma	All

## SATURDAY

TIME	CLASS	AREA	INST.	LEVEL
09.00 – 09.55	Boot Camp	Power	Gareth	All
09.30 – 10.25	Pure Mat Pilates	Peace	Manuela	Beg
10.30 – 11.25	Pilates Tower*	Reformer	Manuela	Adv
10.30 – 12.00	Vinyasa Yoga	Peace	Andrew	All
12.00 – 12.45	Interval Cycling	Power	Adam	All

## SUNDAY

TIME	CLASS	AREA	INST.	LEVEL
09.30 – 11.00	Iyengar Yoga	Peace	Suzet	All
09.30 – 10.15	Indoor Cycling	Power	Gerry	All
10.00 – 10.55	Power Aqua	Pool	Jonathan	All
11.15 – 12.10	Mat Pilates	Peace	Scott	All

Access to all classes is included within all memberships.

\* Denotes class must be booked due to limited number of places. One booking per person. Bookings may be placed via telephone or at the fitness/reception desks.

Personal and Private Group Training for all classes available on request and subject to an additional fee.

All classes and instructors are subject to change at late notice, especially if a Chelsea home match is taking place.

Strictly no entry 10 minutes after a class has started.



**CHELSEA**  
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# CLASS DESCRIPTIONS

## **321 Fitness Challenge**

*This class has 3 components - cardio fat blasting, strength and conditioning using small weights and body weight resistance, followed by core stability. This class will boost your CV fitness, and strengthen and tone your body.*

## **Active Body Shred**

*This class uses low-weights with high-reps, aimed at burning calories and defining muscles. It includes a high intensity cardio section, followed by 30 minutes of legs, arms, abs and back to ensure you achieve a whole body workout.*

## **Ashtanga Yoga**

*This powerful form of Yoga has an emphasis on strength and stamina through energetic patterns of poses. Improve the body's flexibility, physical strength and muscular tone whilst calming the mind and improving circulation.*

## **Boot Camp**

*A military-style class for strength and conditioning. The instructor pushes you to move onto the next exercise with very little rest in a circuit fashion.*

## **Boxing Training**

*Learn the skills, the moves, the focus and the flexibility of boxing to assist weight loss, muscle tone and overall fitness.*

## **Capoeira**

*A Brazilian art form which combines dance, rhythm with self-defence and movement. Aimed at enhancing your body's natural balance and control, whilst improving flexibility & coordination.*

## **Chelsanity**

*A specifically formatted class of 20 second bursts of different ultra-intense exercises, repeated one after the other with only 10 second rests in between.*

## **Combo Ballet Barre**

*A fantastic way to tone your body. Fun ballet-inspired workouts target and isolate small postural muscles through a combination of styles including Yoga and Pilates.*

## **Dance Fitness**

*Fitness-based dance includes a warm-up, dance routines to popular and upbeat music that get the aerobic system going and target specific areas for burning calories and toning.*

## **Elite Cycling / Treadmill**

*Designed to optimise your performance with two separate classes - Elite Cycling to build endurance power and Elite Treadmill to challenge with sprint intervals at level 10 or above.*

## **Hatha Yoga**

*This slower paced and more gentle form of yoga is great for beginners. Build your flexibility over time while focusing on your breath.*

## **HIIT / HIIT – Leg Day**

*Increase your capacity for high-intensity exercise. HIIT offers a longer "after burn", helps maintain muscle mass while still burning calories and enhances performance in sports and athletic activity.*

## **Indoor Cycling**

*A great cardiovascular workout, find your groove and pedal through hill climbs, sprints and many other challenging drills. Ride to uplifting music and sweat it all out with this inspiring indoor cycling ride!*

## **Interval Cycling**

*Get your heartrate elevated with this intense calorie-burning class. A sure way to stay in shape and keep your heart healthy as you ride on the heels of your instructor through flat terrain and bursting up mountain peaks.*

## **Kundalini Yoga**

*This form of Yoga incorporates movement, dynamic breathing techniques and meditation. The goal is to build physical vitality and increase consciousness and this is achieved through chanting of mantras.*

## **Power Aqua**

*Get out of the gym and into the pool! This class sculpts different areas of the body with no impact on the joints.*

## **Pure Mat Pilates (Beg) / Mat Pilates (Int & Adv)**

*Aimed at helping to strengthen and tone with low-impact. Emphasis lies on spinal and pelvic alignment, breathing, developing a strong core and improving coordination and balance.*

## **Pure Reformer (Beg) / Pilates Reformer (Int & Adv)**

*Our beginners workout is based on the reformer beds with a focus on learning specific techniques to isolate muscle groups and activate them correctly at a gentler pace. Master core strength and technical capability in Pure Reformer to reach intermediate level, before maximising your experience in the advanced reformer classes.*

## **Bounce & Burn**

*Bounce & Burn is a full body workout, but low impact and de-toxifying form of exercise. Rebounding is jumping on a specialised, mini trampoline, aimed at aerobic and core fitness, improving the body's natural ability to heal itself, helping burn calories and improve circulation.*

## **Strength & Cycle**

*Hard cycling through various intervals to develop your speed and ultimate cycling power. Powerful and effective exercises help blast and build whole body strength.*

## **Swimsanity**

*Developed in London, the Swimsanity workout utilises inter-changeable drills, which gives participants an effective, mixed ability, aqua-exercise experience every time.*

## **Table Tennis (not a class)**

*Play table tennis without interruption in studio space between classes.*

## **Pilates Tower\***

*Through a system of springs and bars, the combination of Tower and Reformer equipment gives you one of the most effective workouts. The system supports the body to ensure proper stabilisation and positioning whilst providing added weight resistance from the springs for strengthening, toning and lengthening muscles.*

## **Vinyasa Yoga**

*This type of aerobically vigorous yoga is flowing and continuous. The movement is smoothly synchronized to the breath and the poses run together, re-energising your body and mentally relaxing your mind.*

## **Zero Gravity Yoga**

*With the weight of the body supported, learn how to achieve proper postural alignment through relaxation rather than effort, producing a peaceful state of mind.*