

# HBF Stadium Group Fitness Timetable

## HBF Stadium Gym

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### Morning classes

Monday 18/2	Tuesday 19/2	Wednesday 20/2	Thursday 21/2	Friday 22/2	Saturday 23/2	Sunday 24/2
5:45am - 6:15am <b>Metafit</b> Group X Room	5:45am - 6:45am <b>BODYPUMP</b> Group X Room	5:45am - 6:45am <b>Max NRG</b> Group X Room	5:45am - 6:45am <b>BODYPUMP</b> Group X Room	5:45am - 6:45am <b>Max NRG</b> Group X Room	7:15am - 7:45am <b>Metafit</b> Group X Room	9:00am - 10:00am <b>Aqua Fitness</b> Aquatic Centre
6:00am - 7:00am <b>Pilates</b> Evolve Studio	6:00am - 6:50am <b>RPM</b> Cycle Studio	6:00am - 6:50am <b>Cycling</b> Cycle Studio	8:15am - 9:15am <b>Aqua Fitness</b> Aquatic Centre	6:00am - 7:00am <b>Aqua Fitness</b> Aquatic Centre	7:45am - 8:15am <b>CXWORX</b> Group X Room	9:00am - 10:00am <b>BODYPUMP</b> Group X Room
6:15am - 6:45am <b>CXWORX</b> Group X Room	8:15am - 9:15am <b>Aqua Fitness</b> Aquatic Centre	8:15am - 9:15am <b>Aqua Fitness</b> Aquatic Centre	8:30am - 9:30am <b>Flow Yoga</b> Evolve Studio	6:00am - 6:50am <b>RPM</b> Cycle Studio	8:30am - 9:30am <b>BODYPUMP</b> Group X Room	10:00am - 11:00am <b>Aqua Fitness</b> Aquatic Centre
8:15am - 9:15am <b>Aqua Fitness</b> Aquatic Centre	8:30am - 9:30am <b>Pilates Matwork</b> Evolve Studio	8:55am - 9:25am <b>Cycle Express</b> Cycle Studio	9:00am - 9:30am <b>CXWORX</b> Group X Room	8:15am - 9:15am <b>Aqua Fitness</b> Aquatic Centre	8:30am - 9:20am <b>RPM</b> Cycle Studio	10:00am - 10:30am <b>CXWORX</b> Group X Room
8:30am - 9:30am <b>Pilates Matwork</b> Group X Room	9:00am - 9:30am <b>CX WORX</b> Group X Room	9:00am - 10:00am <b>BODYPUMP</b> Group X Room	9:15am - 10:15am <b>Aqua Fitness</b> Aquatic Centre	9:00am - 9:30am <b>MetaPWR</b> Group X Room	9:00am - 10:00am <b>Aqua Fitness</b> Aquatic Centre	
9:00am - 9:30am <b>Metafit</b> Evolve Studio	9:15am - 10:15am <b>Aqua Fitness</b> Aquatic Centre	9:15am - 10:15am <b>Aqua Fitness</b> Aquatic Centre	9:30am - 10:30am <b>Pilates Matwork</b> Evolve Studio	9:15am - 10:15am <b>Aqua Fitness</b> Aquatic Centre	9:30am - 10:30am <b>BODYBALANCE</b> Evolve Studio	
9:15am - 10:15am <b>Aqua Fitness</b> Aquatic Centre	9:30am - 10:30am <b>BODYBALANCE</b> Evolve Studio	9:30am - 10:30am <b>Pilates Matwork</b> Evolve Studio	9:30am - 10:30am <b>Zumba</b> Group X Room	9:30am - 10:30am <b>BODYPUMP</b> Group X Room	9:30am - 10:30am <b>BODYSTEP</b> Group X Room	
9:30am - 10:30am <b>BODYPUMP</b> Group X Room	9:30am - 10:00am <b>Metafit</b> Group X Room	10:00am - 10:30am <b>CX WORX</b> Group X Room	10:30am - 11:30am <b>BODYPUMP</b> Group X Room	9:30am - 10:20am <b>RPM</b> Cycle Studio	10:00am - 11:00am <b>Aqua Fitness</b> Aquatic Centre	
9:30am - 10:20am <b>RPM</b> Cycle Studio	10:00am - 11:00am <b>Zumba</b> Group X Room	10:30am - 11:30am <b>Flow Yoga</b> Evolve Studio	10:30am - 11:30am <b>Pilates Matwork</b> Evolve Studio	10:30am - 11:30am <b>Pilates Matwork</b> Group X Room	10:30am - 11:30am <b>Pilates Matwork</b> Group X Room	
10:30am - 11:30am <b>BODYSTEP</b> Group X Room	10:30am - 11:30am <b>Get Active</b> Evolve Studio	10:35am - 11:35am <b>BODYBALANCE</b> Group X Room			11:00am - 12:30pm <b>Iyengar Yoga</b> Evolve Studio	
10:30am - 11:30am <b>Pilates</b> Evolve Studio						

### Afternoon / Evening classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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18/2	19/2	20/2	21/2	22/2	23/2	24/2
4:15pm - 5:00pm <b>Fit Club</b> Group X Room	12:30pm - 1:00pm <b>MaxNRG Express</b> Group X Room	4:15pm - 5:00pm <b>Fit Club</b> Group X Room	12:30pm - 1:00pm <b>Pilates Express</b> Group X Room	4:30pm - 5:30pm <b>Pilates Matwork</b> Group X Room		
5:00pm - 5:30pm <b>MetaPWR</b> Group X Room	5:30pm - 6:30pm <b>BODYSTEP</b> Group X Room	5:00pm - 5:30pm <b>Metafit</b> Group X Room	5:30pm - 6:00pm <b>CX Worx</b> Group X Room			
5:30pm - 6:00pm <b>CXWORX</b> Group X Room	6:30pm - 7:30pm <b>Balanced Core</b> Evolve Studio	5:30pm - 6:30pm <b>BODYPUMP</b> Group X Room	6:00pm - 7:00pm <b>BODYBALANCE</b> Group X Room			
6:00pm - 7:00pm <b>BODYBALANCE</b> Evolve Studio	6:30pm - 7:30pm <b>MAX NRG</b> Group X Room	6:30pm - 7:30pm <b>Pilates Matwork</b> Evolve Studio	6:30pm - 7:30pm <b>Pilates Matwork</b> Evolve Studio			
6:00pm - 7:00pm <b>BODYPUMP</b> Group X Room		7:15pm - 8:15pm <b>Aqua Fitness</b> Aquatic Centre				
7:15pm - 8:15pm <b>Aqua Fitness</b> Aquatic Centre						

## HBF Stadium Cycle Studio

### RPM

RPM™ is an indoor cycling class set to motivating music. It burns major calories and gets you fit using simulated climbs and sprints. Instructors show you the basic cycling moves of standing and sitting, changing hand positions, speeding up slowing down. You control your resistance levels and speed, so you can build your training level over time. RPM™ comes in 45 and 30 minute formats.

### Cycle

Cycle classes use stationary bikes to increase endurance and tone the legs. Your instructor leads you on a ride simulating both hilly and flat terrain. This a very popular class. Class duration is 55 minutes.

## Cardio Classes

At HBF Stadium we offer a range of high energy cardio classes that get your heart rate up, increase blood circulation and burns calories. . Our extensive timetable includes popular Les Mills classes BODYPUMP™, BODYSTEP™, the new Metafit™ and a variety of other fun classes.

### METAFIT™ HIIT

Created by a former Royal Marine Commando, Metafit HIIT combines traditional bodyweight exercises with the latest high intensity interval training (HIIT) techniques to set the metabolism on fire! 30 minute EXPRESS format.

### BODYSTEP™

BODYSTEP is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

### Cardio box

Get motivated in a class that combines moves and exercises from boxing, fitness and shaping routines into an energetic class using pads, focus mitts and boxing equipment.

### Get active

Classes develop your strength, muscle tone and balance while increasing your fitness levels with light resistance and cardio.

Classes aimed at seniors and injury recovery or rehab.

## Max NRG

An intermediate/advanced fat burning workout that takes you through a variety of cardio and strength training exercises to maximise your calorie output. This circuit style class builds strength, endurance and stamina. Please note a moderate level of fitness is required for this class.

## ZUMBA®

Party yourself into shape. Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. ZUMBA® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.

## Mind and Body Balance

HBF Stadium offers classes that assist with flexibility, core strength and balance whilst uniting your mind, body and spirit.

## Pilates matwork

Pilates focuses on strengthening the core through stretching and breathing exercises. It creates a balance in the body that leads to physical and mental relaxation.

## Hypnolates®

Hypnolates is a fusion of Pilates and meditational hypnosis. Discover the secrets of the mind. Relax and develop a powerful sense of self-motivation and feel compelled to achieve your goals. Sink into a trance-like state to help boost your subconscious, and move towards the best possible life.

## Balanced core

Balanced core is a low-impact class for all ages and fitness levels based on the principles of Pilates. It focuses on the core muscles critical for flexibility.

## Yoga

Yoga and Iyengar Yoga are available on the timetable. Develop strength, mobility and stability as you are guided through postures by expert instructors. We teach you about body discipline and mental stability allowing you to challenge the body whilst relaxing the mind. Suitable for all ages and fitness levels, yoga is perfect for beginners, experienced yogis or anyone looking to incorporate a mind and body routine into their fitness regime.

**Yoga** comprises of rhythmic sequenced postures, static postures, breathing and meditation, designed to increase stamina, strength and flexibility.

**Iyengar Yoga**, a form of Hatha yoga is based on giving primacy to the physical alignment of the body in the poses. Iyengar Yoga classes use blankets, blocks, straps, pillows, chairs, and bolsters to assist with ideal alignment.

## Sculpt and Strengthen

Use dumbbells, barbells, resistance bands or body weight to build strength and endurance. Classes use all the major muscle groups and formats focus on core, upper body or lower body exercises.

## BODYPUMP™

BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music and instructors and your choice of weight inspire you to get the results you came for – and fast!

## CXWORX

Exercise muscles around the core - to make you better at all things you do, from everyday life to your favourite sports - it's the glue that holds everything together. All the moves in CXWORX™ have options, so it's challenging but achievable for every level of fitness.

## **Core abs express**

A half hour of intense core work. You'll work your entire core and learn new exercises to help sculpt the body. This class is for all fitness levels, and is a great way to fit a quick but challenging workout into your busy day..

## **Aqua Aerobics**

Aqua Fitness classes are performed in deep water with Aqua belts and focus on increasing and maintaining fitness and strength with the option of using our aqua equipment such as noodles, dumbbells and discs to add extra resistance. This fitness challenge demands higher activation of core muscles, postural alignment and muscular endurance. This workout will leave you fit, strong and more energised.