



STUDIO TIMETABLE



BICESTER HOTEL
golf and spa
★★★★

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MONDAY

CLASS	TIME	INSTRUCTOR	STUDIO
H.I.I.T	06:30 - 07:15	Fitness Instructor	Studio 1
Yogalates	09:30 - 10:25	Jude	Studio 2
Indoor Cycling	09:30 - 10:25	Becky	Cycling Studio
Groove Aerobics	09:30 - 10:25	Daniel	Studio 1
Pilates	10:30 - 11:25	Jude	Studio 2
Tight Assets	10:30 - 11:25	Becky	Studio 1
Easy Does It	11:30 - 12:25	Becky	Studio 1
Beginner Hatha Yoga	11:30 - 12:25	Reas	Studio 2
Indoor Cycling	18:00 - 18:30	Olivia	Cycling Studio
Power Circuits	18:35 - 19:30	Olivia	Studio 1
Groove Aerobics	18:30 - 19:25	Candy	Studio 2
Aqua Aerobics	19:00 - 19:45	Martina	Swimming Pool
Back2Netball	19:30 - 21:00	Tess	Tennis Court

WEDNESDAY

CLASS	TIME	INSTRUCTOR	STUDIO
Awakening Yoga	07:00 - 07:55	Reas	Studio 2
Sculpt & Core	09:30 - 10:25	Ali	Studio 1
T'ai Chi Qi Gong	09:30 - 10:25	Isabelle	Studio 2
Groove Aerobics	10:30 - 11:25	Daniel	Studio 1
House Barre	10:30 - 11:15	Ali	Studio 2
Stretch & Breathe	11:30 - 12:25	Reas	Studio 2
Stretch & Flex	11:30 - 12:25	Martina	Studio 1
Aqua Aerobics	12:45 - 13:30	Becky	Swimming Pool
Kettlercise	18:00 - 18:55	Ali	Studio 1
Pilates	18:30 - 19:25	Amy	Studio 2
Groove Aerobics	19:30 - 20:25	Laura	Studio 1
T'ai Chi Qi Gong	19:30 - 20:25	Amy	Studio 2

FRIDAY

CLASS	TIME	INSTRUCTOR	STUDIO
H.I.I.T	06:30 - 07:15	Fitness Instructor	Studio 1
Indoor Cycling	09:30 - 10:25	Becky	Cycling Studio
POUND	09:30 - 10:25	Ali	Studio 1
Pure Pilates	09:30 - 10:25	Reas	Studio 2
Sculpt & Core	10:30 - 11:25	Ali	Studio 1
Zumba	10:30 - 11:25	Becky	Studio 2
Easy Does It	11:30 - 12:25	Becky	Studio 1
Vinyasa Yoga	12:30 - 13:25	Jess	Studio 2
Beginner Yoga	18:30 - 19:25	Various	Studio 2

TUESDAY

CLASS	TIME	INSTRUCTOR	STUDIO
BoxH.I.I.T	09:30 - 10:25	Ben	Studio 1
Pilates	09:30 - 10:25	Reas	Studio 2
Indoor Cycling	09:30 - 10:25	Becky	Cycling Studio
Zumba	10:30 - 11:25	Becky	Studio 1
Ashtanga Yoga	10:30 - 11:25	Reas	Studio 2
Mindful Movement and Meditation	11:30 - 12:15	Becky	Studio 2
H.I.I.T	18:00 - 18:55	Ben	Studio 1
Indoor Cycling Express	18:30 - 18:55	Lesley	Cycling Studio
Pump FX	19:00 - 19:55	Lesley	Studio 1
BoxFit	19:30 - 20:25	Paul	Studio 2
Beginner Pilates	20:00 - 20:55	Lesley	Studio 1

THURSDAY

CLASS	TIME	INSTRUCTOR	STUDIO
Pilates	09:30 - 10:25	Reas	Studio 2
Zumba	09:30 - 10:25	Becky	Studio 1
Ashtanga Yoga	10:30 - 11:25	Reas	Studio 2
Swiss Ball	10:30 - 11:25	Becky	Studio 1
Conditioning	11:30 - 12:00	Becky	Studio 1
Zumba Light	11:30 - 12:00	Becky	Studio 1
Beginner Hatha Yoga	11:30 - 12:25	Reas	Studio 2
T'ai Chi Qi Gong	12:00 - 12:55	Amy	Studio 1
Indoor Cycling	18:00 - 18:55	Becky	Cycling Studio
Zumba	18:15 - 19:10	Maria	Studio 1
POUND	18:10 - 18:55	Ali	Studio 2
Hatha Flow Yoga	19:00 - 19:55	Jess	Studio 2
Indoor Cycling	19:00 - 19:55	Becky	Cycling Studio
BoxFit	19:15 - 20:10	Paul	Studio 1
Aqua Aerobics	20:10 - 20:55	Becky	Swimming Pool

SATURDAY

CLASS	TIME	INSTRUCTOR	STUDIO
Indoor Cycling	08:30 - 09:25	Becky	Cycling Studio
Groove Aerobics	09:30 - 10:25	Laura	Studio 1
Kettlercise	09:30 - 10:25	Ali	Studio 2
Indoor Cycling	09:30 - 10:25	Becky	Cycling Studio
POUND	10:30 - 11:15	Ali	Studio 2
Tight Assets	10:30 - 11:25	Becky	Studio 1

SUNDAY

CLASS	TIME	INSTRUCTOR	STUDIO
Vinyasa Yoga	09:00 - 09:55	Jess	Studio 2
HIIT	10:00 - 10:55	Fitness Instructor	Studio 1
Zumba	18:00 - 18:55	Becky	Studio 1
Kettlebell Express	19:00 - 19:30	Becky	Studio 1

CLASS DESCRIPTIONS

Ashtanga Yoga

Ashtanga Vinyasa based practice, if you like to work hard and have thought about trying yoga this is the class for you. A strong athletic practice based on the principles of Ashtanga. This practice develops strength and flexibility, helping create a strong lean body.

Awakening Yoga

Awaken with Ashtanga, an energetic yoga practice which helps develop strength and flexibility. This class will awaken your mind and body, mentally and physically preparing you perfectly for the rest of your day.

Aqua Aerobics

Aqua Aerobics brings music, exercise and fun to the pool. Tone, tighten and splash into shape in a fun-filled environment using resistance gloves, woggles and water weights to create an effective workout for all abilities.

Back2Netball

Situated in our outdoor courts, we have 3 league teams that compete at a different venue each week. We also have a Back2Netball social training session, which involves friendly game play and skill development. Suitable for all abilities.

Beginner Pilates

A great class for the beginner to Pilates; with clear explanations of each movement at a slow and controlled pace, this class will progressively develop your technique and body awareness.

Beginner Hatha Yoga

Allow the beginner Hatha yoga class to guide you through the basic poses and movements to develop strong foundations in this discipline. This class is suitable for all abilities, taking more time to practice each pose and ensure you really feel the true essence of yoga.

BoxFit

A spin on the more traditional Boexercise, BoxFit offers a wide and varying exercise experience. This class offers the ultimate in burning fast calories along with building muscular fitness and endurance for your whole body.

BoxHIIT

This class combines the fun and exciting aspect of using the pads and gloves, and the intensity of interval training to offer the ultimate in fat burning, cardio conditioning and an exhilarating whole body workout.

Easy Does It

Lovingly referred to as 'Not So Easy Does It', this class is an enjoyable collection of low impact aerobic exercises, strength and toning workouts and a combination of stretches. It is suitable for all ages and abilities.

Groove Aerobics

Get your dancing shoes on for this fun, lively and upbeat dance class that uses a wide selection of different music and dance styles, including hip hop, funk and jazz. You will forget you are even exercising.

H.I.I.T

High Intensity Interval Training (H.I.I.T) is a combination of strength and conditioning exercises delivered in short bursts targeting every muscle of the body, including the heart. What you get out of the class depends entirely on what you put in.

Hatha Flow Yoga

This Hatha Flow yoga class will guide you through the basic poses and movements to develop strong foundations in this discipline, whilst enhancing any existing yoga experience. This class is suitable for all abilities, taking more time to practice each pose and ensure you really feel the true essence of yoga.

House Barre®

It is a combined Body, Mind, dance conditioning class, movements are natural and work in harmony with the body creating elegant and beautiful choreography. You do not need to be a trained dancer to experience the benefits of dance, the class is arranged so that everyone can hit the barre and take away a clear mind and a beautiful smile!

Indoor Cycling and Indoor Cycling Express

Possibly one of the highest calorie burning classes we have on offer; cycling not only aids weight loss, but increases heart and lung function, develops muscle definition in the lower body and releases serotonin; a hormone responsible for destressing and feeling good.

Kettlebells Express

A class where you can work several muscle groups at once and burn a huge amount of calories using Kettlebells and body weight exercises. This class can be enjoyed by a beginner and an avid kettlebell user alike.

Kettlercise

Kettlercise ® is THE single most effective Kettlebell fat burning exercise class, that uses the BSM method (Blood Shunting method) and is designed to re shape and sculpt the body like never before.

Mindful Movement and Meditation

In the buzz of a hectic daily life, come along to destress, empty the mind and cleanse the soul. Start by moving the body through various sequences that will open up tight muscles and joints, then relax through a guided meditation. Suitable for all ages and abilities.

Pilates

Pilates utilises exercises that focus on the deep inner core muscles, providing stability and strength for everyday living.

Pump FX

Working with weights and music to help strengthen and lengthen the major muscle groups, Pump FX will not only make you work up a sweat, but it will tone and tighten the whole body.

Power Circuits

Fire up your metabolism with this fun combination workout! This 55 minute circuit class, combines various training styles, utilising a range of equipment to ensure you get an intense workout. Power Circuits has been designed to increase your strength and fitness.

POUND®

POUND® is the World's first Cardio Jam Session inspired by the infectious, energising and sweat-dripping fun of playing the drums. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements.

Pure Pilates

Pure Pilates is a strong, physical practice following the original sequence of Pilates. Although beginners are welcome this class is best suited for those who have an understanding of the Pilates system. Great for toning and developing a longer, lean body.

Sculpt and Core

Focusing on resistance training and targeting compound muscles, Sculpt and Core will not only work your body effectively, but shall change your shape, and increase your metabolism levels, with a strong focus on the core muscles.

Stretch and Breathe

A slow moving class suitable for all levels wishing to develop flexibility and suppleness. Deep stretches and new flexibility will be obtained by using breathing practices from Yoga to relax the mind and body. This class will relax your mind & body. Both beginners and regular Yoga students will reap the benefits

Stretch and Flex

A great way to give something back to your body after all of the hard work it has done. Stretch and Flex will help your lengthen and strengthen the muscles, allowing free movement around the whole body.

Strike It Fit

Strike It Fit is a non-contact, aerobic based class, styled on many different types of martial arts including Boxing, Taekwondo and Karate. This class will always have a cardio conditioning element, a muscle conditioning section and a blast of core conditioning to finish.

Swiss Ball Conditioning

Designed to engage deep core muscles you never knew existed, working with a swiss ball will challenge your balance, coordination and core strength. Working through a wide variety of body weight exercises, occasionally utilising the dumbbells, you will get a fully effective abdominal workout.

T'ai Chi Qi Gong

T'ai Chi Qi Gong benefits the body and mind by helping to reduce stress, improve circulation and increasing flexibility. It enhances mental and physical balance as well energy flow and general health. The gentle flowing movements are taught at a pace to suit all abilities.

Tight Assets

A fun and challenging total body toning session, using weights, bars and bands to chisel that perfect physique.

Vinyasa Yoga

This yoga style is all about coordinating movement with breath to flow from one pose to the next. This class will increase your flexibility and decrease your stress levels. It is suitable for all abilities and levels.

Yogalates

A class consisting of the dynamic, toning exercises of Pilates with the held postures from Yoga. Combining the two with flowing stretching movements, working from the inner core whilst releasing held tension in the body and mind.

Zumba

A fusion of Latin and international music and dance themes creates a dynamic, exciting and effective fitness workout. The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Zumba Light

This is an easy introduction into the world of Zumba. It's a fun 30 minute class, especially aimed at beginners and those looking to improve upon their coordination, movement and technique.

To book a class please call:
01869 241204