

CLASS TIMETABLE

MONDAY

7.00-7.45	Advanced Cycle	Gym	Fitness Team
7.45-8.00	Core Blast	Studio/Gym	Fitness Team
10.00-10.30	Fit Forever 65+	Studio/Gym	Fitness Team
10.45-11.30	Aqua Zumba	Pool	Annette
12.30-13.00	Functional Fitness	Gym	Fitness Team
12.05-12.50	Balance Worx	Studio	Michelle
17.15-18.00	Body Sculpt & Pump	Studio	Fitness Team
18.00-18.30	HIIT Cycle	Gym	Fitness Team
18.00-19.00	Dance Fitness	Studio	Danielle

TUESDAY

7.00-7.45	Body Sculpt & Pump	Studio	Fitness Team
7.45-8.00	Core Blast	Studio/Gym	Fitness Team
11.00-11.45	Water Fitness	Pool	Fitness Team
12.30-13.00	HIIT Cycle	Gym	Fitness Team
12.30-13.30	Yoga (All levels)	Studio	Michelle
17.30-18.00	HIIT Cycle	Gym	Fitness Team
17.30-18.30	Mundo Dance	Studio	Fitness Team
18.30-19.30	Yogipyoga	Studio	Ross

WEDNESDAY

7.00-7.30	Boxercise	Studio/Gym	Fitness Team
7.30-8.00	HIIT Cycle	Gym	Fitness Team
10.00-10.45	Fit Forever 65+	Studio/Gym	Fitness Team
11.00-11.45	Aqua Zumba	Pool	Michalena
12.00-12.30	Yogipyoga	Studio	Ross
12.30-13.00	HIIT Cycle	Gym	Fitness Team
12.35-13.20	Balance Worx	Studio	Michelle
17.30-18.30	Running Club	Outdoor	Josh
17.45-18.30	Body Sculpt & Pump	Studio	Fitness Team
19.00-20.00	Pilates	Studio	Kalbir

THURSDAY

7.00-7.30	HIIT Cycle	Gym	Fitness Team
7.30-8.00	Functional Fitness	Studio/Gym	Fitness Team
11.00-11.45	Water Fitness	Pool	Fitness Team
12.15-13.00	Pilates	Studio	Claire
12.30-13.00	HIIT Cycle	Gym	Fitness Team
13.00-13.45	Yogalates	Studio	Claire
17.30-18.30	Mundo Dance	Studio	Fitness Team
18.30-20.00	Hatha Yoga Level 1	Studio	Molly

FRIDAY

7.00-7.45	Advance Cycle	Gym	Fitness Team
7.15-8.00	Espresso Yoga	Studio	Kalbir
7.45-8.00	Core Blast	Gym	Fitness Team
09.30-10.15	Fit Forever 65+	Studio/Gym	Fitness Team
10.30-11.15	Aqua Zumba	Pool	Michalena
12.15-13.00	Balance Worx	Studio	Michelle
12.30-13.00	HIIT Cycle	Gym	Fitness Team
13.00-13.30	Boxercise	Studio/Gym	Fitness Team
17.30-18.15	Functional Fitness	Studio/Gym	Fitness Team
18.30-19.30	Pilates	Studio	Kalbir

SATURDAY

10.00-10.30	HIIT Cycle	Gym	Fitness Team
10.30-11.00	Tabata	Studio/Gym	Fitness Team
11.00-12.30	Yoga	Studio	Kalbir

SUNDAY

10.00-10.45	Advanced Cycle	Gym	Fitness Team
10.45-11.00	Core Blast	Studio	Fitness Team



RELAX IN OUR STEAM ROOM & SPA BATH

THE
LAGUNA
HEALTH CLUB
CARDIFF

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www.lagunahealthandspa.com

OUR CLASSES

- ADVANCED CYCLE** A 45 minute cycle to pumping music. Incorporating sprints, intervals and hills for a challenging workout on the bike. Great for burning calories and toning those legs.
- AQUA ZUMBA** Splash your way into shape with this low impact aquatic class. Integrating Zumba philosophy with traditional aqua moves. A perfect way to improve cardio and body conditioning, all at low impact.
- BALANCEWORX** Yoga, Tai Chi and Pilates combine for a workout that builds flexibility and strength that leaves you feeling centred and calm. Controlled breathing and carefully structured series of stretches, moves and poses to music that create a holistic workout that brings the body into a state of harmony and fitness.
- BODY SCULPT & PUMP** Sculpt, tone and condition yourself! Enjoy this weight-based workout that will tighten and tone for that lean body you've been craving. Leave this class feeling pumped.
- BOXERCISE** A fun and effective class for all ages and levels of fitness. Combining circuits and traditional boxing techniques this is a great way to tone up while improving your overall fitness.
- CORE BLAST** 15 minutes dedicated solely to core work to enhance core stability and help with that abdominal definition. Calories and toning those legs.
- DANCE FITNESS** Learn new dance routines to high energy songs in darkened room with glow sticks. A fun and energetic class for those who love to party.
- ESPRESSO YOGA** Early morning yoga to salute the sun and get you ready for the day! Involves a nice warm up with lots of stretching and loosening up of those tight areas. A few sun salutations and classical yoga poses, with a slow cool down, focusing on the breath throughout.
- FIT FOREVER 65+** A class that will stimulate neuromuscular function and provide a practical workout to help make the most out of everyday life. Expect some cardiovascular exercises to improve your overall health, fitness and mobility.

Members and guests MUST book onto classes as failure to do so may lead to disappointment as class numbers are limited. Please also note that it is under the instructors' discretion whether to conduct a class with only 1 participant. Bookings can be made up to 6 days in advance. Members are advised to arrive for their class 5 minutes prior to start-time as the instructor may refuse entry after the class has started.

- FUNCTIONAL FITNESS** Using the more unique equipments of the gym, this class is a circuit-esque class incorporating the TRX, kettlebells, slamballs and sandbags amongst other things. Great for those seeking variation to their usual routine.
- HIIT CYCLE** Cycle to energetic music for a fat burning, sweat inducing, endurance building workout. With variable resistance the class is suitable for all. Only 30 minutes long, perfect for those seeking a lunchtime blow out.
- MUNDO DANCE** An energetic, fun brand of dance which includes both choreography and fitness. It is specifically designed to cater for complete beginnings to seasoned dancers. Perfect for burning calories, increasing mobility and getting those positive vibes at the same time. Have a passion for dance? Then get involved!
- PILATES** Based on the principle of rebalancing the body and bringing it into the correct postural alignment using slow and controlled movements. A fantastic programme for those with previous or existing injuries.
- RUNNING CLUB** Perfect for those who want to start running. Join Josh for a gentle 5k jog through Bute park, taking rest when needed but pushing participants just enough to improve technique and overall fitness.
- TABATA** An energetic workout done strictly to time; 20 seconds on and 10 seconds rest. Giving it everything you've got, 30minutes is all you will need.
- WATER FITNESS** Join your fitness team as they put you through your paces in this water based all over body workout combining cardiovascular routines to music. Together with the feel of the water this workout will leave you feeling revitalised and energised!
- YOGA** Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. The main components of yoga are postures, a series of movements designed to increase strength and flexibility and breathing.
- YOGIPYOGA** All levels welcome. A class that will energise the mind & body. A balance between the physical and relaxing benefits of yoga.

THE
LAGUNA
HEALTH CLUB
CARDIFF



STUDIO CLASS TIMETABLE

200+
CLASSES
A MONTH

AUGUST 2019 - OCTOBER 2019