

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
5.45 – 6.15 am <b>Boot Camp</b>		5.45 – 6.15 am <b>Superhero Strength</b>		5.45 – 6.15 am <b>Metafit</b>		5.45 – 6.15 am <b>Killer Kettlebells</b>		5.45 – 6.30am <b>TRAINERS CHOICE</b>	
7.30 – 8.15am	PrYme Aqua	8.30 – 9.15am	PrYme Aqua	7.30 – 8.15am	PrYme Aqua	8.30 – 9.15am	Aqua Fit	7.30 – 8.15am	PrYme Aqua
8.30 – 9.15am	PrYme Aqua	9.30 – 10.15am	Aqua FIT	8.30 – 9.15am	PrYme Aqua			8.30 – 9.15am	PrYme Aqua
9.30 – 10.15am	Deep Water	9.30am – 10.15am	Pilates	9.30 – 10.15am	Boxing H2O			9.30 – 10.15am	Aqua Fit
9.30 – 10.15am	PrYme Circuit (GYM)	10.30 – 11.15am	PrYme Easy	9.30am – 10:15am	Tai Chi	10.30 – 11.15am	PrYme Mind and Body	10.30 – 11.15am	Pilates
10.30am – 11.15am	Yoga			10.30 – 11.15m	PrYme Active				
4.30 – 5pm	HIIT CORE BURNER	4.30 – 5pm	Superhero Strength	4.30 – 5pm	HIIT	4.30 – 5pm	SWEAT SESH		
5.20 – 5.50pm	Metafit	5.20 - 5.50pm	SWEAT SESH	5.20 – 5.50pm	<i>Boot Camp</i>	5.20 to 5.50pm	HIIT CORE BURNER		
5.20 – 6.05pm	<b>LES MILLS BODY PUMP</b>	5.20 – 6.05pm	SPIN	5.20 – 6.05pm	<b>LES MILLS BODY PUMP</b>	5.20 – 6.05pm	SPIN		
5.30 – 6.05pm	Aqua Core			5.30 – 6.05pm	Aqua HIIT H2O				

**NEW CLASS –  
TRAINERS CHOICE**

This class will be a surprise each week, using a variety of different classes!

**START YOUR WEEKEND THE RIGHT WAY!**

[PrYme Aqua](#) - Held in our Hydrotherapy Pool, this class aims to improve general fitness & well-being. This class is ideal for anyone new to Aqua Aerobics, PrYme Movers members or someone recovering from injury.

[Deep Water](#) – Deep water is an aerobics class focused in the deeper end of the pool. Suitable for those of all fitness levels. In this class the focus will be on balance, stability & muscular endurance.

[Aqua Fit](#) - A high energy water based workout providing a fun way to increase muscular strength & endurance with great results.

[Boxing H2O](#) – Boxing H2O combines a variety of regular aqua aerobics moves with a boxing twist. Suitable for those of all fitness levels looking to build endurance. This class is designed to help build cardiovascular fitness & muscle strength.

[Aqua Drum Vibes](#) – A unique aqua fitness program that combines drum rhythms, lots of fun and a totally new approach to water training. Play drums in the water! Every move you make will be even more effective! Limited to 20 people per class. First in, best dressed.

[Aqua HIIT H2O](#) - HIIT H2O is a 30 minute high intensity aqua aerobics class suitable for those with a moderate to high fitness levels. Providing a fun way to increase muscular endurance & overall cardiovascular fitness.

[Aqua Core](#) – A high intensity aqua aerobics class focusing on abdominals, hips and butt. This class will get your core burning and heart rate up.

[HIIT](#) – A high intensity 30 min class focused on functional movements. Designed to increase mobility, strength, flexibility and endurance. Beginners and the more advanced are welcome as exercises can be modified to suit individual needs.

[Les Mills BODYPUMP](#) – The most popular barbell class in the world! A weight class for absolutely everyone. Using light to moderate weights, lots of repetitions (reps) & great music, BODYPUMP gives you a total body workout that burns lots of calories. BODYPUMP will make you lean, toned & strong!

[Superhero STRENGTH](#) – This class is a mixture of upper and lower body weights designed for those who enjoy the strength style of training rather than cardio. This class focuses on building strength, endurance and power.

[Metafit](#) – This class combines traditional bodyweight exercises with the latest HIIT techniques to strengthen muscles, burn calories & increase metabolism in a high intensity 30 minute class.

[Spin](#) – An Indoor cycling class that offers a moderate to high intensity workout over 45 minutes. Interval based training takes you through sprints, hill & mountains to help improve cardiovascular & muscular endurance.

[KILLER Kettlebells](#) – A 30 minute session solely based around the kettlebell. This class is designed to build your stability, mobility, endurance and power. This class works the muscle groups differently to the common weight training.

[SWEAT Sesh](#) - Sweat sessions consists of pushing your body to the limits whilst obtaining endurance and increasing your heart rate. The more you ‘Sweat,’ the ‘Better’ the ‘Results.’

[HIIT Core BURNER](#) – A freestyle class designed to focus on your body’s foundation – ‘your core’. Create stability, strength & power in the core muscles and move like never before in just 30 short minutes.

[Boot Camp](#) – Boot camp is a combination of high intensity weighted and body weight exercises. During this class you will burn calories, gain muscle tone and increase fitness levels.

[Yoga](#) – Relax & unwind with 60 minutes of mindfulness, gentle stretching & exercise. A fusion of several different yoga styles to centre your mind & body. Suitable for new comers & experienced yogis.

[PrYme Circuit \(GYM\)](#) – A low intensity weighted circuit Gym session. The class aims to strengthen the muscles, build mobility, balance and stability. This class can combine free weight equipment as well as machine weights. Perfect if you would like to trial the gym in acc

[Pilates](#) – A low intensity class that aims to strengthen the ‘core’ muscles (abdominals, lower back, hips & glutes) as well as improving physical co-ordination & balance.

[PrYme Easy](#) – A class designed for people 50 & over looking to stay active & mobile with gentle exercises in a welcoming social environment. This class combines aerobic & resistance training to help maintain overall fitness while having a great time with upbeat music & good company.

[PrYme Active](#) – Classes are designed for people 50 & over who like to maintain an active lifestyle & are looking for a fun, social experience as well as a good workout. The focus is games & other fun physical activities designed to increase fitness, co-ordination & balance. This class is all about experiencing the joy of movement through games & sport.

[PrYme Mind & Body](#) – A gentle mix of Tai Chi, Qigong, Yoga and Pilate’s for 50+ years of age. Designed to increase mobility, strength and flexibility.

[Stretch](#) – A 15 minute class designed to loosen the muscles after a week of hard training. ‘Stretch’ is a relaxing and calm class for all ages.