

BACKONTRACK

TIMETABLE

MIXED CLASSES	CARDIO CLASSES	CORE CLASSES	TONE CLASSES
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING						PILATES 08:50 - 09:30
						PILATES 09:30 - 10:10
	MIX IT UP Info: Heart/Power/Core 09:30 - 10:15		MIX IT UP Info: Deck Fight Klub 09:30 - 10:15			BOOTCAMP 10:15 - 11:00
						SPINNING 10:15 - 11:00
EVENING					P90x 12:00 - 12:45	
	THE DECK 18:00 - 18:30	POWER HIIT 18:00 - 18:45	SPINNING 18:00 - 18:45	FIGHT KLUB 18:00 - 18:30		
	CORE STRENGTH 18:30 - 19:00	TOTALLY SHREDDED 18:45 - 19:15		POWER HIIT 18:30 - 19:00		
	RIPPED & TONED 19:00 - 19:45	PIYo PERFECTION 19:15 - 20:00	BOOTCAMP 19:00 - 19:45	SPINNING 19:00 - 19:30		
			PILATES 19:00 - 20:00	CORE STRENGTH 19:30 - 20:00		

MIX IT UP

COACHED BY: **STUART HYAMS**

Each class has particular strengths and outcomes. Combining two can hit double the target areas, while maintaining or increasing cardio output. After many years helping hundreds of people to achieve their ideal results, we have created these combinations to achieve optimum results:

- Boxing Bootcamp
- Kettle Spin
- Deck Core
- Cardio and Power HIIT

SPINNING PLUS

COACHED BY: **LEANNE HYAMS & STUART HYAMS**

Don't let other daunting spinning classes put you off ours. High-energy music, care and motivation from our instructors, with a series of challenging courses tailored specifically to your own fitness levels. An intense, super-motivated cardio workout with mega-high calorie burn. Look forward to feeling fantastic.

CORE STRENGTH

COACHED BY: **LEANNE HYAMS & STUART HYAMS**

If you work at a desk, suffer from back pain, want a leaner waist or a superior six-pack... you will love the results you get from this class. FAST. Your core is the centre of your body's power. A strong core gives you a physical and mental lift for anything you do. Core Strength also gives you optimised results from other gym sessions.

PILATES

COACHED BY: **LEANNE HYAMS**

You probably already know the benefits of Pilates - a refreshing mind-body workout, strengthening your whole core, alleviating back issues, developing longer and leaner muscles and increasing your flexibility (to name a few).

Our in-house Pilates instructor is 100% dedicated to the well-being and physical improvement of everyone who joins her classes. She will work closely with you to ensure you get the most from Pilates.

THE DECK

COACHED BY: **STUART HYAMS**

This has to be one of the easiest and most versatile pieces of gym equipment available. An adjustable strength training bench and aerobic stepping platform, perfect for step, circuits, body pump and bootcamps. Measurable muscle strengthening, heart-felt HIIT. All with constant guidance and motivation from our instructors.

PiYo PERFECTION

COACHED BY: **LEANNE HYAMS**

The best of both worlds... Combining the powers of Pilates and yoga to build your strength, lose weight and increase your whole-body flexibility. Attending our fun and energetic PiYo classes will allow you to sculpt and define your whole body.

WARNING: people might stop recognising you after a few weeks of PiYo Perfection.

FIGHT KLUB

COACHED BY: **STUART HYAMS**

If you've ever thought that gyms are boring, you've never attended a Fight Klub class. A powerful workout to high-energy music. Awesomely effective sessions, suitable for any level of fitness. Get your gloves on and get ready to have fun with an intense cardio session, while you release your stresses on our six-foot, freestanding punch bags.

TOTALLY SHREDDED

COACHED BY: **LEANNE HYAMS**

Prepare for combat. Fight Klub elements - a powerful workout with intense cardio to upbeat music - combined with a load of other disciplines. Shadow boxing, martial arts and boxing combos (to name a few).

We set new routines each week, always suitable for all levels and abilities, always high tempo and invigorating. A total body workout.

HEART HIIT WORKOUT

COACHED BY: **STUART HYAMS**

HIIT has many advantages, including endurance building, metabolism boosting and fat burning. The interval-based side of HIIT helps you to push yourself to new levels in a short time, allowing improved heart health and blood flow. Our HIIT Heart Workout uses bodyweight exercises such as squats, lunges and jumping jacks, with specifically timed high- and low-intensity intervals. And EPOC gives you increased calorie burn long after your session with us.

POWER HIIT WORKOUT

COACHED BY: **STUART HYAMS**

Strength is the baseline of all physical improvement. We have designed a HIIT workout with compound exercises, to burn more energy while toning all of your major muscles. This class will give you a high-rep, low-weight workout, using kettlebells, dumbbells and ViPRs, all with HIIT interval training. Target areas include calves, thighs, abs, shoulders and arms. EPOC gives you increased calorie burn long after each class.

BOOTCAMP

COACHED BY: **STUART HYAMS**

You wouldn't be reading this if you didn't want the motivation to achieve massive results. We will teach you how to push your body to the max, with maximum calorie burn and muscle build. We'll deliver tailored, varied and challenging courses, and you'll start to look and feel massively different within weeks. You just need to turn up. Easy.