

Anytime Fitness Leyton Scheduled Classes | JUNE 2017

	MORNING CLASSES				DAYTIME CLASSES			EVENING CLASSES		
MONDAY	STUDIO				WOMEN ONLY	GYM FLOOR	STUDIO	STUDIO		
	FAT BURN 6:30-7:00 Zag				LEGS OF IRON 14:00 - 14:30	BOOTCAMP 18:15-19:15	BOXERCISE 19:20-20:05 Carlo	YOGA 20:15-21:15 Ainara		
TUESDAY	STUDIO				WOMEN VIRTUAL	STUDIO	STUDIO	STUDIO	WOMEN ONLY	WOMEN ONLY
	XPRESS TONE 6:30-7:00 Vinny				PILATES 15:00-15:55	TABATA 17:30-18:00 AJ	SHRED 18:30-19:00 Zag	STONE 19:15-20:00 Zag	ZUMBA 20:15-21:15 Dionne	BOOTY BOOST 21:15-21:45 Dionne
WEDNESDAY	STUDIO				WOMEN VIRTUAL	STUDIO	GYM FLOOR	WOMEN ONLY	STUDIO	
	HIIT 6:30-7:00 Zag				BAR STRONG 12:00 -12:40	SPIN MADNESS 18:30-19:00 Sarah	BOOTCAMP 19:15-20:15 Vinny	STONE 19:15-20:15 Sarah	CORE STABILITY 20:30-21:00 Vinny	
THURSDAY	STUDIO	WOMEN VIRTUAL			VIRTUAL	GYM FLOOR	STUDIO	STUDIO		
	CORE STABILITY 6:30-7:00 Vinny	KINECTICS 08:30 - 08:55			YOGA 12:00-12:40	LEGS OF IRON 18:15-18:45 Zag	BOXERCISE 19:00-19:45 Zag	ALIGNMENT YOGA 20:00-21:00 Ainara		
FRIDAY	GYM FLOOR	VIRTUAL			VIRTUAL	STUDIO	GYM FLOOR	WOMEN ONLY		
	BODY BLAST 06:30-7:00 Zag	STOMP 09:00-09:35			KETTLE POWER 12:00-12:40	SPIN MADNESS 18:30-19:00 Sarah	BODYWEIGHT COND 18:45-19:45 Vinny	POWER PUMP 19:15-20:15 Sarah		
SATURDAY	WOMEN ONLY	GYM FLOOR	WOMEN ONLY	STUDIO	GYM FLOOR	STUDIO				
	BOOTY BOOST 09:00-09:30 Sarah	BOOTCAMP * 10:15-11:15	AF S.T.E.P UP 10:00-11:00 Dionne	STONE 11:30-12:15 Vinny	HIIT 11:30-12:00 Zag	BOXERCISE 12:30-13:15 Carlo				
SUNDAY	STUDIO	WOMEN ONLY	WOMEN ONLY	OUTDOORS	STUDIO					
	YOGA 09:00-10:00 Ainara	ZUMBA 10:15-11:15 Dionne	AF P.U.M.P IT 11:15-12:00 Dionne	RUNNING CLUB 11:00-12:30 Jordan	KILLER ABS 13:30-14:00 (A)					

Yoga/Alignement Yoga

Vinyasa Flow. Moving Meditation and full body workout. Calm the mind and build strenght, balance and flexibility

Body Blast

This strength and endurance focused class uses sports-inspired cardio movements to give you a killer workout that gets results.

Combat

A combination of kick, punches and blocks which is guarenteed to get your heart rate up and relieve the stress of every day life

Power Pump/Pump It

This is for anyone looking to get lean, toned and fit. It's the original whole body workout using light to moderate weights and bars with loads of repetition

Fat Burn

A fast pace strenght training and aerobics session swithcing between equipment and body weight exercises.

Steps

A form of aerobic exercise using the steps. This is a calorie burning and fat stripping workout for all fitness levels and ages.

Booty Boost

The name says it all. This 30 min workout is all you need to firm your booty and burn any unwanted fat.

Legs of Iron

Tone up, firm up and burn fat from your thighs and hips with this intense, area focused exercise

Zumba

Zumba involves dance and aerobic movements performed to energetic movements. It mixes salsa, hip-hop, samba

Boxercise/Advanced Box

Get your pads and put your gloves on for this stress releasing, calorie burning class. Each class includes a combination of punches, techniques for a great experience.

Stomp

Everyone's favourite STEP class now on your WELLBEATS virtual system. This fun and intense workout delivers results in minimal time frame.

HIIT/TABATA

Performing short bursts of high intensity exercises followed by brief low-intensity activity. An excellent way to maximise your workout in a limited amount of time.

