

Anytime Fitness Leyton Scheduled Classes | DECEMBER 2019

MORNING CLASSES

DAYTIME CLASSES

EVENING CLASSES

Day	Class	Time	Instructor
MONDAY	CIRCUIT	10:30-11:15	
	MEMBERS	17:15-18:00	Carlo
TUESDAY	SCULPT	10:30-11:15	
	HIIT	12:00-12:30	
WEDNESDAY	HIIT	10:30-11:15	
	HIIT	17:00-17:45	AJ
THURSDAY	HIIT	17:00-18:00	Gerson
	HIIT	18:00-18:30	AJ
FRIDAY	BOXING	17:00-18:00	Gerson
	BOXING	18:00-18:45	AJ
SATURDAY	DANCE FIT	10:10-11:00	Naomi
	KILLER ABS	13:30-14:00	

Yoga

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

AF Step

Step is a classic Cardiovascular workout which focuses on using an elevated platform (Step) It can be tailored to individuals needs by adjusting the height of the "Step".

AF Pump

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

Boxing

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.

Spin

A Spin class is a high intensity cycling workout that generally takes place on a stationary bike with a heavy, weighted flywheel that is linked to the pedals.

KillerAbs

HIIT style circuit targetting the whole core area.

HIIT

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.

Conditioning Power

Demonstative technical power class working on strength and power exercises. Focusing on clean and jerks, deadlifts etc. An energy filled and power focused class for the early birds!

BodyCon

BodyCon stands for 'Body Conditioning' so the format of the class is roughly 30 minutes of cardio work eg. tabata, hiit, circuits. The idea is that if you come every week you will work your way round the body each month and build some muscle.

Learn to lift

Teaching you the correct form and technique to perform lifts such as squats, deadlifts, overhead press etc. We also have an advanced class too (AD Learn to lift) this one is for those who have an indepth understanding of lifts.