

Anytime Fitness Leyton Scheduled Classes | March 2017

MORNING CLASSES

DAYTIME CLASSES

EVENING CLASSES

	GYM FLOOR	STUDIO	VIRTUAL	WOMEN VIRTUAL	GYM FLOOR	STUDIO	STUDIO		
MONDAY	FAT BURN 06:30 - 07:00 (Karl)	SPIN MADNESS 07:30 - 08:00 (Sarah)	ZUMBA 08.30 - 09.20	PILATES 14:30 - 15:30	BOOTCAMP 18.00 - 18.45 (Vinny)	BOXERCISE 19:00 - 19.45 (Karl)	YOGA 20:15 - 21.15 (Ainara)		
TUESDAY	Express Tone 06:30 - 07:00 (Karl)			H.I.I.T 14:00 - 14:30 (A)	BOXERCISE 18.15 - 19.00 (Karl)	TONE 19.15 - 20:00 (Vinny)	ZUMBA 20.00 - 21.00 (Dionne)	BOOTY BOOST 21:00 - 21:30 (Dionne)	
WEDNESDAY	KILLER ABS 06:30 - 07:00 (Karl)	TKO 08:00 - 08:35	REV CYCLE 09.30 - 10.10	BAR STRONG 12.00 - 13:00	LEGS OF IRON 14.00 - 14.30 (Ayesha)	SPIN MADNES 18.30 - 19.00 (Sarah)	BOOTCAMP 19.15 - 20:00 (Vinny)	TONE 19.15 - 20:15 (Sarah)	
THURSDAY	BOOTY BOOST 07:30 - 07:30 (Olivia)	KINECTICS 08:30 - 08:55		YOGA 12.00 - 12.35		LEGS OF IRON 18.15 - 18.45 (Karl)	BOXERCISE 19:00 - 19.45 (Karl)	STOMP 20.00 - 20:35	
FRIDAY	STOMP 09.00 - 09.35			KETTLEBELLS 12.00 - 12.40			TONE 19.15 - 20:15 (Sarah)		
SATURDAY		ZUMBA 10:00 - 11:00 (Dionne)	BOOTCAMP 10.15 - 11:15 (Olivia)	STOMP 14:15 - 14:50	BOXERCISE 15:30 - 16.15 (Karl)				
SUNDAY	YOGA 09.00 - 10.00 (Ainara)	ZUMBA 10.15 - 11.15 (Dionne)	BOOTY BOOST 11:30 - 12:00 (Dionne)	KILLER ABS 13:30 - 14:00 (A)					

Yoga

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

Pilates/Yoga Virtual

A WELLBEATS exercise system that focuses on stretching and strengthening the whole body to improve balance, muscle strength, flexibility and posture.

Tone/Bar Strong

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 ppace strenght training and aerobics session swithcing between equipment and body weight exercises.

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

Boxercise

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

Stomp

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

Extreme

Total body workout. This interval based class combines full-body strenght training with high intensity cardio bursts designed to tone your body.

Kinnectic / Kettebells

These WELLBEATS classes include cardio intervals interspersed with resistance training and muscle isolation work

** Please note Kick Butt Classes take place every other week.*

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Wellbeats Virtual Classes available 24/7 outside scheduled live class times!

ANYTIME FITNESS
Get to a healthier place.™