

Anytime Fitness Leyton Scheduled Classes | FEBRUARY 2019

MORNING CLASSES

DAYTIME CLASSES

EVENING CLASSES

Day	Class	Time	Instructor	Class	Time	Instructor	Class	Time	Instructor
MONDAY	HIIT (Gym Floor)			Circuit (Studio)			GYM FLOOR		STUDIO
	6 Weeks Challenge	10:00 - 10:45	Kafi	6 Weeks Challenge	17:00-17:45	AJ	KICKBOXING	19:00-20:00	Gerson
TUESDAY	HIIT (Studio)			Circuit (Studio)			STUDIO		GYM FLOOR
	6 Weeks Challenge	10:00 - 10:45	Kafi	6 Weeks Challenge	17:00-17:45	AJ	BOXING	18:00-19:00	Carlo
WEDNESDAY	GYM FLOOR			Boxing (Studio)			Circuit (Studio)		GYM FLOOR
	CIRCUIT	5:30-6:00	Will	6 Weeks Challenge	13:00-13:45	Kafi	6 Weeks Challenge	17:00-17:45	AJ
THURSDAY	STUDIO						Body Con (Studio)		STUDIO
	HIIT	6:00-6:30	Kafi				6 Weeks Challenge	17:00-18:00	Gerson
FRIDAY				Circuit (Studio)			GYM FLOOR		STUDIO
				6 Weeks Challenge	15:00-15:45	Gerson	BOXING	17:00-18:00	Gerson
SATURDAY	GYM FLOOR			STUDIO			STUDIO		GYM FLOOR
	HIIT	09:00-09:45	Kafi	STEP	10:00-11:00	Kafi	BOOTCAMP	10:15-11:15	Aneeka
SUNDAY	STUDIO			GYM FLOOR			STUDIO		STUDIO
	YOGA	9:00-10:00	Amber	BOXING	12:00-13:00	Reece	KILLER ABS	13:30-14:00	AJ/AW

Yoga

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

Zumba

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

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 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

Alignment Yoga

Alignment based yoga for beginners is all about creating more intelligent action in the muscles, tissue and skin.

BarFit

Get fit by using a Bar and your own body weight. This class will include alot of repetitions and pushing your body to its limit. This class is great for strenghtening your body without lifting weights

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.

Yin Yoga

Yin yoga is a slow-paced style of yoga with postures, or asanas, that are held for longer periods of time. For beginners, it may range from 45 seconds to two minutes; more advanced practitioners may stay in one asana for five minutes or more.

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.

Boxercise

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.

KickFit

Kick Fit is ideal for those who like to learn while they burn- more than just a kick-boxing program.

KillerAbs

HIIT circuit targeting the whole core area

Spin/ Beginners Spin

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