

Anytime Fitness Leyton Scheduled Classes | SEPTEMBER 2019

MORNING CLASSES

DAYTIME CLASSES

EVENING CLASSES

DAY	CLASS	TIME	INSTRUCTOR	CLASS	TIME	INSTRUCTOR	CLASS	TIME	INSTRUCTOR		
MONDAY	Circuit (Studio)			GYM FLOOR			STUDIO				
	6 Weeks Challenge	17:00-17:45 AJ		Circuit	18:00-19:00 AJ		HIIT	18:30-19:15 Carlo	KICKBOXING	19:00-20:00 Gerson	YOGA
TUESDAY	Circuit (Studio)			GYM FLOOR			STUDIO				
	6 Weeks Challenge	17:00-17:45 AJ		BOXING	18:00-18:45 Carlo		SCULPT	18:00-18:45 AJ	STONE	19:15-20:15 Gerson	
WEDNESDAY	Circuit (Studio)			GYM FLOOR			STUDIO				
	6 Weeks Challenge	17:00-17:45 AJ		LEARN TO LIFT	18:00-18:45 Rob						
THURSDAY	Body Con (Studio)			STUDIO			STUDIO				
	6 Weeks Challenge	17:00-18:00 Gerson		SPIN BOOTCAMP	18:30-19:30 Janis		HATHA YOGA	20:00-21:00			
FRIDAY	Circuit (Studio)			GYM FLOOR			STUDIO				
	6 Weeks Challenge	15:00-15:45 Gerson		BOXING	17:00-18:00 Gerson		SPIN MADNESS	18:30-19:15 Janis			
SATURDAY	GYM FLOOR			STUDIO							
	BOOTCAMP	10:15-11:15 Carlo		PILATES	11:30-12:30 Sandra						
SUNDAY	STUDIO			GYM FLOOR			STUDIO				
	YOGA	9:00-10:00 Amber		AF PUMP	10:05-10:50 Jacqui		DANCE FIT	11:00-11:45 Jacqui	BOXING	12:00-13:00 Reece	KILLER ABS

Yoga

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

Demonstrative 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.