

GROUP CLASS TIMETABLE

(B) Booking required (O) Outdoors in our Outdoor Training Zone

You can attend any of our classes on a casual basis. You don't need to be a member. However, we have three membership options which are all brilliant value as follows:

	Unlimited use of the fitness gym, eGYM, all classes and Boditrax
	Unlimited use of the fitness gym, eGYM, daytime classes Mon-Fri and Boditrax
	No use of fitness gym or eGYM. Includes evening classes Mon-Fri, all weekend classes and Boditrax.

Membership prices and offers: Please see our website at www.oakwoodsportscentre.com

Trying a class for free: Please book your free trial online at www.oakwoodsportscentre.com or call us on 01293 822238

DAY/TIME	CLASS	DESCRIPTION	INSTRUCTOR	MEM	NON
MONDAYS					
9.15am-9.45am	Spin (B)	Indoor group cycle class in the gym	Hannah		£5.50
10.00am-10.30am	Ab Blast (B)	Short blast to focus on the abs and core	Hannah		£4.50
5.30pm-6.30pm	Legs, Bums & Tums	Focus on those key problem areas, slightly lower impact	Amanda		£6.00
6.30pm-7.30pm	Step Fit	Great cardio workout, also superb for glutes and lower body	Amanda		£6.00
6.30pm-7.00pm	IGNITE (O)	A strength and conditioning class to strip fat and get lean	Hannah		£4.50
7.00pm-7.30pm	Spin (B)	Indoor group cycle class in the gym	Hannah		£5.50
6.30pm-7.30pm	Boxercise	Working in pairs with pads, gloves and fun boxing-based routines	Ashley		£6.00
7.30pm-8.15pm	Beginner's Running Club	A short local loop at your own pace with Black Dog Runners	BDR		FREE
TUESDAYS					
9.15am-9.45am	Spin (B)	Indoor group cycle class in the gym	Hannah		£5.50
9.15am-9.45am	IGNITE (O)	A strength and conditioning class to strip fat and get lean	Dan		£4.50
10.00am-10.30am	Bodyweight HIIT (B)	Interval training class, short bursts of high intensity exercise	Hannah		£4.50
6.00pm-7.00pm	Move Fitness	Cardio class with functional strength and training	Gail		£6.00
6.00pm-6.30pm	IGNITE	A strength and conditioning class to strip fat and get lean	Sam		£4.50
6.00pm-6.45pm	Pump (B)	Barbell workout to burn calories, strip fat and build lean muscle.	Ashley		£5.50
6.30pm-7.00pm	Spin (B)	Indoor group cycle class in the gym	Sam		£5.50
7.00pm-7.30pm	Spin (B)	Indoor group cycle class in the gym	Hannah		£5.50
7.00pm-8.00pm	Pilates	Strengthen the muscles of the back and core and improve posture	Nicola		£6.00
7.00pm-7.30pm	IGNITE (O)	A strength and conditioning class to strip fat and get lean	Hayley		£4.50
7.30pm-8.00pm	IGNITE (O)	A strength and conditioning class to strip fat and get lean	Hayley		£4.50
WEDNESDAYS					
9.15am-9.45am	HIIT Cardio (B)	Short bursts of high intensity cardio exercises	Sue		£4.50
10.00am-10.30am	Stability Circuits (B)	Uses swiss balls and gliders for a full core workout	Sue		£4.50
10.30am-11.00am	Mums, Bums & Tums (O)	Designed for new mums (you can bring babies!)	Fabiana		£4.50
5.45pm-6.30pm	Core Conditioning	Pilates, yoga and posture alignment exercises for core strength	Dawn		£5.50
6.00pm-6.30pm	Spin (B)	Indoor group cycling class in the gym	Clare		£5.50
6.30pm-7.15pm	Spin (B)	Indoor group cycling class in the gym	Hannah		£6.50
6.30pm-7.30pm	The Hour of Power	Low impact, light weights, high reps for true fitness balance	Dawn		£6.00
6.30pm-7.00pm	IGNITE (O)	A strength and conditioning class to strip fat and get lean	Clare		£4.50

DAY/TIME	CLASS	DESCRIPTION	INSTRUCTOR	MEM	NON
THURSDAYS					
9.15am-9.45am	Spin (B)	Indoor group cycle class in the gym	Clare		£5.50
9.15am-9.45am	IGNITE (O)	A strength and conditioning class to strip fat and get lean	Hannah		£4.50
10.00am-10.30am	Circuits (B)	Short blasts of high intensity exercise	Hannah		£4.50
5.45pm-6.45pm	Pump (B)	A barbell class, choreographed to music	Dawn		£6.00
6.00pm-7.00pm	Spin (B)	Indoor group cycle class in the gym	Ashley		£7.00
6.00pm-6.45pm	IGNITE <i>Extreme</i> (O)	A strength and conditioning class to strip fat and get lean	Dan		£5.50
6.45pm-7.15pm	Ab Attack	A dynamic class with exercises for the abs and core	Dawn		£4.50
7.00pm-7.30pm	IGNITE <i>Extreme</i> (O)	A strength and conditioning class to strip fat and get lean	Dan		£4.50
7.30pm-8.00pm	Spin (B)	Indoor group cycle class in the gym	Hannah		£5.50
7.30pm-8.30pm	Clubbercise	Bring a night out to your workout! Disco lights and club anthems!	Fabiana		£6.00
FRIDAYS					
9.15am-9.45am	Spin (B)	Indoor group cycle class in the gym	Hannah		£5.50
9.15am-9.45am	IGNITE (B)	A strength and conditioning class to strip fat and get lean	Clare		£4.50
10.00am-10.30am	Circuits Challenge (B)	Time for some fun and end-of-week informal competition	Hannah		£4.50
10.00am-10.30am	Spin (B)	Indoor group cycle class in the gym	Clare		
6.00pm-6.45pm	Spin (B)	Indoor group cycle class in the gym	Ashley		£6.50
SATURDAYS					
9.00am-10.00am	Boxercise	Working in pairs with pads, gloves and fun boxing-based routines	Ashley		£6.00
9.00am-9.50am	STRONG (by Zumba)	A full-body HIIT workout with brilliant routines for all levels	Fabiana		£6.00
10.00am-10.30am	Fab LIIT (Low intensity)	A low intensity bodyweight class. Feeling fit? Stay for the next one!	Fabiana		£4.50
10.00am-11.00am	Zumba	Another chance to shake those hips with our Zumba class	Paul		£6.00
10.30am-11.00am	IGNITE (O)	A strength and conditioning class to strip fat and get lean	Fabiana		£4.50
10.35am-11.05am	Spin (B)	Indoor group cycle class in the gym	Ashley		£5.50

EVENTS, TASTERS AND BASICS

We are now running a full calendar of events, tasters and BASICS sessions. A copy of the schedule is available online and at reception. BASICS are 30-min instructional sessions (free to all) and include 'weights for women', 'abs and core', 'stretching' and 'big calorie burners'.

You can book your space on events, taster classes and workshops at reception or by phone: 01293 822238

OAKWOOD SPORTS CENTRE

Smallfield Road, Horley, RH6 9AU

Mon-Fri, 7.30am-5.30pm, access from Smallfield Road

Evenings and weekends, access from Balcombe Road

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www.oakwoodsportscentre.com

ELECTRONIC EQUIPMENT | OUTSTANDING STAFF | FRIENDLY, MOTIVATING CLUB

