

























Times	Studio	6.45 - 8.00	9.30 - 10.25	10.30 - 11.25	11.30 - 12.25	12.30 - 13.25	13.30 - 17.00	17.00 - 18.25	18.30 - 19.25	19.30 - 20.25	20.00 - 21.00	
MON	1	Body Pump 6.45 - 7.45	Body Step	Latin Aerobics	Prime Movers				Body Pump 18.00 - 18.55	Body Combat 19.00 - 20.00	Zumba	
	2	Pilates 7.00 - 7.55	Ashtanga Yoga 8.00 - 9.15	Hatha Yoga 9.15 - 10.25	Body Balance	Yoga 11.30 - 12.45	Pure Stetch 13.00 - 14.00		Pilates 17.00 - 18.00	Body Balance 18.00 - 18.55	Pilates 19.00 - 20.00	Modern Jive 20.00 - 21.30
	3		Spin 9.30 - 10.15	Spin 10.30 - 11.15						Spin 18.15 - 19.00		Spin 20.00 - 20.45
	Gym & Pool		Functional Circuits 9.30 - 10.00	Aqua 10.00 - 10.45	ViPR Fun 11.00 - 11.30						Legs, Bums & Tums 19.30 - 20.00	
TUES	1	Nordic Walking 9.30 - 10.30	Body Attack	Body Pump	Legs, Bums & Tums	Aerobics	Belly Dancing 13.30 - 14.30		Body Step 18.15 - 19.15	Body Pump 19.15 - 20.15		
	2		Pilates 9.15 - 10.15	Pilates	Pure Stretch	Yoga & Meditation 12.30 - 14.00	Meditation 14.00 - 14.45		Functional Pilates 18.15 - 19.10	Vinyassa Yoga 19.15 - 20.30		
	3	Spin 7.00 - 7.45	Spin 9.30 - 10.25						Spin 18.30 - 19.15			
	Gym & Pool	Boot Camp 7.00 - 7.30	Kettlecise 9.30 - 10.00	Aqua 9.40 - 10.25	Ab Attack 11.00 - 11.30				Running Club 19.00 - 20.00	ViPR Fun 19.30 - 20.00	Aqua 19.15 - 20.00	Volley Ball 20.15 - 21.00
WEDS	1	Body Pump 7.00 - 8.00	Body Combat 9.30 - 10.25	Body Step	Body Pump	Zumba			Zumba 18.15 - 19.00	Body Attack 19.00 - 20.00	Body Pump	
	2	Body Balance 7.00 - 7.55	Pure Stetch 8.00 - 8.55	Yoga 9.15 - 10.25	Pilates	Pilates	Prime Movers	Body Balance 13.30 - 14.25	Yoga & Meditation 17.30 - 18.45	Pilates 18.45 - 19.40	Body Balance 19.45 - 20.25	Pilates 20.30 - 21.15
	3		Spin 9.30 - 10.15							Spin 19.15 - 20.00		
	Gym & Pool		Functional Circuits 9.30 - 10.00	Aqua 10.00 - 10.45	Kettlecise 11.00 - 11.30			Nordic Walking 18.30 - 19.30			Ab Attack 19.30 - 20.00	Swim Club
THUR	1		Body Pump	Zumba	Prime Movers				Legs, Bums & Tums 18.15 - 19.15	Body Pump 19.15 - 20.00	Hotspot	
	2	Meditation 7.00 - 7.45	Yoga & Meditation 8.00 - 9.15	Pure Stetch 9.30 - 10.25	Body Balance	Pilates	Yoga & Meditation 13.00 - 14.25	Yoga & Meditation 14.30 - 16.00	Pilates 18.15 - 19.15	Body Balance 19.15 - 20.15	Yoga 20.15 - 21.15	
	3	Spin 7.00 - 7.45	Spin 9.30 - 10.15	Nordic Walking 10.00 - 11.00					Spin 18.30 - 19.15			
	Gym & Pool	Boot Camp 7.00 - 7.30	Nordic Walking 8.30 - 9.30	Ab Attack 9.30 - 10.00	Running Club 9.30 - 10.30	ViPR Fun 11.00 - 11.30	Aqua 12.35 - 13.20	Nordic Walking 18.30 - 19.30			Functional Circuits 19.30 - 20.00	Swim Club 19.00 - 20.00
FRI	1		Body Combat	Body Pump	Prime Movers				Body Pump 18.00 - 19.00			
	2	Pilates 7.00 - 7.45	Pilates Stretch 8.00 - 8.55	Pilates 9.00 - 10.00	Vinyassa Flow Yoga 10.00 - 11.15	Pilates Arc	Body Balance 12.45 - 13.45	Yogalates 14.00 - 15.00	Body Balance 18.15 - 19.15			
	3	Spin 7.00 - 7.45	Spin 9.30 - 10.15			Nordic Walking 11.30 - 12.30			Spin 18.00 - 18.45			
	Gym & Pool	Boot Camp 7.00 - 7.30	ViPR Shape 9.30 - 10.00	Aqua 10.00 - 10.45	Legs/Bums/Tums 11.00 - 11.30							
SAT	1		Body Step	Ultimate Workout	Zumba		Body Pump 16.30 - 17.30					
	2		Body Balance	Yoga	Pilates							
	3	Spin 8.15 - 9.00	Spin 9.30 - 10.25	Spin 10.30 - 11.15	Nordic Walking 10.30 - 11.30							
	Gym & Pool			Legs, Bums & Tums 10.30 - 11.00								
SUN	1		Body Combat	Body Pump	Yoga & Meditation 11.30 - 12.45							
	2		Body Balance	Pilates				Ashtanga Yoga 17.00 - 18.30				
	3		Spin 9.30 - 10.15									
	Gym & Pool			Ab Attack 10.30 - 11.00								

*Members must book a 15 minute studio technique session for spin & body pump before attending their first class. This session can be booked in the Gym at a time suitable for you.

Bookings can be made up to seven days in advance of the class, in person or by telephone or online. Numbers are limited. Please make every effort to cancel your classes online or via the club reception.

Book online at: www.castleroyale.com

Outdoor Classes - please wear appropriate attire to suit weather conditions

Castle Royle Class Descriptions	DURATION	EXERCISE TYPE	BURN RATE	EQUIPMENT	MUSIC	RESULTS	
	AEROBICS	55mins	aerobics to music, light weight or no weights for toning	avg. 600 kcals	hand weights	upbeat & motivating tunes to dance and tone the body	improves co-ordination, heart and lung fitness, tones the body
	BODY ATTACK	55mins	sports-inspired cardio	avg. 735 kcals	none	the latest fun & hard hitting tunes	improves agility, coordination, strength & endurance, improves heart & lung fitness
	BODY STEP	55mins	step based cardio	avg. 620 kcals	height adjustable step	the latest fun & funky tunes	improves heart & lung fitness, improves agility & coordination, increases strength & endurance
	BODY COMBAT	55mins	martial arts inspired cardio	avg. 740 kcals	none	the latest fun & funky tunes	tones & shapes, increases strength & endurance, builds self confidence
	LEGS BUMS & TUMS	55mins	aerobics to music, light weight or no weights for toning	avg. 500 kcals	none	upbeat & motivating tunes to dance and tone the body	improves co-ordination, heart and lung fitness, tones the body
	ULTIMATE WORKOUT	55mins	high & low intensity cardio & resistant workout	avg. 500 kcals	dumbbells & step	the latest inspirational and motivational tunes	improves heart & lung fitness increases muscle strength and tone
	PURE STRETCH	45mins	flexibility & mobility	avg. 200 kcals	mat	relaxing & calming music	relaxes & stretches tired muscles, promotes a sense of well being, improves flexibility & mobility
	YOGA	60/90mins	variety of yoga styles	up to 300 kcals	yoga mat	relaxing & calming music	increases core strength
	PILATES	55mins	holistic	avg. 390 kcals	mat	relaxing & calming music	increases core strength, mobility & flexibility
	BODY BALANCE	55mins	inspired by yoga, tai chi & pilates	avg. 390 kcals	yoga mat optional	soulful, calming & inspiring	improves joint flexibility & range of motion tones & shapes, enhances well being
	PILATES STRETCH	45mins	flexibility, mobility & strength	avg. 200 kcals	mat	relaxing & calming music	improves flexibility & mobility, focuses on relaxation through stretch
	MEDITATION	30mins	holistic	avg. 100 kcals	mat	none	benefits mind & body
	ABS ATTACK	30mins	conditioning	avg. 150 kcals	mat, hand weight & soft ball	upbeat & motivating	improves core stability and conditions abs
	BODY PUMP	55mins	weight based resistant training	avg. 560 kcals	barbell, plate, & height adjustable step	latest hard hitting & inspiring tunes	increases strength & endurance, tones & shapes, helps maintain bone health
	FUNCTIONAL CIRCUITS	30mins	cardio & conditioning	avg. 500 kcals	ViPR, kettle bell, bosu	motivating tunes	improves total body strength and heart & lung fitness
	KETTLECISE / VIPIR FITNESS	30mins	cardio & conditioning	up to 500 kcals	kettlebell, ViPR & mat	upbeat tunes	improves total body strength & heart & lung fitness. improves upper & lower muscle strength and heart & lung fitness
	PRIME MOVERS	55mins	low impact cardio & strength	avg. 300 kcals	resistance tubes, exercise balls & mats	upbeat	low-impact, whole body workout improves cardio fitness, improves core strength
	SPIN	45mins	cardio group cycling	avg. 600 kcals	indoor stationary exercise bike	upbeat & motivating tunes taking you on a cycle journey	improves heart & lung fitness, increases strength & endurance
	ZUMBA	55mins	dance inspired cardio	avg. 450 kcals	none	latin inspired fitness party	increase heart & lung fitness, improves muscle tone & coordination, increases energy
	LATIN AEROBICS	55mins	aerobic	avg. 500 kcals	mat	latino & salsa tunes	increases heart and lung fitness and coordination
	MODERN JIVE	55mins	dance	avg. 400 kcals	none	swing, lindy hop, rock & roll, salsa and other dance music	improves heart & lung fitness, agility, coordination & muscle tone
	RUN CLUB	60mins	outside group cardio workout	up to 700 kcals	outsidewear	none	improves flexibility & coordination
	NORDIC WALKING	60mins	outside group cardio workout	up to 450 kcals	poles & outdoor wear	none	improves heart & lung fitness, tones the upper & lower body, reduces pressure on the knees & joints
	AQUA	45mins	water resistance aerobics	avg. 400 kcals	woggles	upbeat & motivating tunes to dance and tone the body	improves co-ordination, heart and lung fitness, tones the body

a fantastic opportunity to try new classes allowing flexibility for a variety of classes, especially the addition of the new classes to the timetable. Please check the booking system for class availability.