

Village Square Group Fitness & Go Kids Timetable

As of 16th November 2009

*May be subject to change

**START
THE
JOURNEY**

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
5.45am					 Coming Soon		
8.00am						 	
9.00am							
9.15am		 Heroes 101					
10.15am			 Starting Dec 4		 Starting Dec 4	 Dance Heroes	
4.30pm	 Cosmic Cardio	 Battle Heroes	 Villain Attack	 Galaxy Spin			
5:30pm							
6.00pm						 GROUP FITNESS LAUNCHES START MON NOV 30 # Go Kids & Cycle classes 45 minutes	
6.30pm							
6:30pm		 Starting 2010		 Starting 2010			
7:30pm							

	An interval training class, using simple aerobics and sports-inspired moves. Get fit, stay fit, get fitter.		Non-stop, high energy, cardio boxing circuit class. Official Boxercise™ classes start 2010. Venue: BOXING STUDIO
	Combining the many beneficial aspects of Yoga, Tai Chi and Pilates. Set to inspiring and uplifting music		Great music inspires you through a range of riding terrains enacted through the use of resistance & variable speed
	The benefits of weight training using adjustable barbells to great music. The fastest way to get into shape!		Emphasises balanced development through core strength, flexibility, & awareness to support efficient movement
	An uplifting and energising class, using an adjustable step platform with simple choreography. A great cardio and lower body workout.		FUN FITNESS FOR KIDS ^: Heroes 101 (ages 2-6); Cosmic Cardio (6-14); Battle Heroes (4-8); Villain Attack (6-14); Wonder Cardio (4-8); Galaxy Spin (8-12*); Dance Heroes (4-12).
	This fiercely energetic program is inspired by martial arts & draws from an array of disciplines such as Karate, boxing, Taekwondo, Tai Chi		

Opening Hours: Mon-Thurs 5:15am-9pm, Fri 5:15am-8pm, Sat 7am-5pm, Sun 8am-4pm

Crèche: Mon-Sat 8am – 11:30am, Mon-Wed 4:30-7:30pm

Go Kids: ^Bookings essential for Go Kids classes. * Height restrictions may apply



GO HEALTH CLUBS
fitness for everyone