

GYM CLASS TIMETABLE

AT THE CABIN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.30AM	CIRCUITS (Lewis)		CIRCUITS (Andrew/ Lewis)	CORE & MOBILITY (Nick/Nora)	POSTURE STRONG (Nick/Nora)	
7:00AM						
7:30AM	YOGA HATHA (Fiona)	CORE & MOBILITY (Andrew)		YOGA VINYASA (Kathryn)	BOXERCISE (Nick/Nora)	YOGA (Kathryn/ Harriet)
8:00AM						
09:30AM			YOGA RESTORATIVE (Harriet)			
10:00AM						
10:30AM	YOGA VINYASA (Harriet)			YOGA VINYASA (Harriet)		
11:00AM						
12:00PM		BOXERCISE (Lewis)	CORE & MOBILITY (Andrew/ Lewis)		YOGA HATHA (Kathryn)	
12:30PM						
13:00PM	ZUMBA (Start date tbc)	CORE & MOBILITY (Nora)	BOXERCISE (Nick/Nora)	POSTURE STRONG (Nick/Nora)		
13:30PM						
17:00PM	POSTURE STRONG (Nora)		ZUMBA (Start date tbc)	CIRCUITS (Andrew/ Lewis)	POSTURE STRONG (Andrew/ Lewis)	
17:30PM						
18:00PM	BOXERCISE (Nick)	CIRCUITS (Nick)		BOXERCISE (Andrew/ Lewis)	CIRCUITS (Andrew/ Lewis)	
18:30PM						

NOTE: All classes are 45 minutes with the exception of Yoga, which is 60 minutes

■ Winnersh Triangle Corporate Wellness programme for employees on the business park only. £5 per person - no booking required. Contactless payment at studio/cabin.

■ Move HQ group exercise. £11 per person - no booking required. Contactless payment at studio/cabin or through the Move HQ website

CIRCUITS

Our 'Circuit' sessions are whole-body pulse raisers, targeted to build up a general strength and conditioning base.

CORE & MOBILITY

Our 'Core & Mobility' sessions focus on increasing general core and trunk strength, as well as improving joint mobility to reduce overall stiffness.

POSTURE STRONG

Our 'Posture Strong' sessions are specifically targeted at the everyday desk worker, to improve posture as well as functional movement quality.

BOXERCISE

Our 'Boxercise' sessions focus on the correct execution of basic combat movements, as well as challenging anaerobic and aerobic conditioning.

ZUMBA

Our 'Zumba' sessions are aimed at improving cardiovascular fitness through dance, combining international music with slow and fast rhythmic movements

YOGA

Our 'Yoga' sessions consist of meditation and breathing techniques, incorporating challenging movements to improve physical and mental well-being.

*ZUMBA (START DATE TBC), No booking required

Move HQ members/General Public ClassPass Booking required through Move HQ or ClassPass.

Included in Platinum, Gold, Silver memberships

Green memberships and general public/drop in = £11

10 sessions/workshops/yoga = £70