


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
06:00						
06:30						
07:00	CIRCUITS		CIRCUITS	CORE & MOBILITY	POSTURE STRONG	
07:30						
08:00		CORE & MOBILITY		YOGA VINYASA (Kathryn)	BOXERCISE	
08:30						
09:00						
09:30						
10:00				YOGA FLOW & RESTORE (Harriet)		
10:30						
11:00	YOGA VINYASA (Harriet)					
11:30						
12:00						
12:30		BOXERCISE	CORE & MOBILITY		YOGA HATHA (Kathryn)	
13:00						
13:30		CORE & MOBILITY	BOXERCISE	POSTURE STRONG		
14:00						
17:00						
17:30	POSTURE STRONG			CIRCUITS	POSTURE STRONG	
18:00			ZUMBA (Suz)			
18:30	BOXERCISE	CIRCUITS		BOXERCISE	CIRCUITS	
19:00			YOGA HATHA (Fiona)			
19:30	YOGA FLOW & RESTORE (Harriet)					
20:00						

NOTE: All classes are 45 minutes except YOGA classes which are 60 minutes.


 Winnersh Triangle occupiers - £5 per class  
 No booking required. Payment before or after class at studio.  
 Contactless payment in The Cabin.

## 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.

For MOVE HQ enquiries please visit: [www.move-hq.uk](http://www.move-hq.uk)

Opposite MOVE HQ, 680 Eskdale Road, Winnersh Triangle Business Park  
[winnershtriangle.com/events](http://winnershtriangle.com/events)