


|       | MONDAY              | TUESDAY         | WEDNESDAY          | THURSDAY                               | FRIDAY               | SATURDAY |
|-------|---------------------|-----------------|--------------------|--|----------------------|----------|
| 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 |                     |                 |                    |  |                      |          |
| 10:30 |                     |                 |                    |  |                      |          |
| 11:00 | YOGA VINYASA (Yana) |                 |                    | YOGA FLOW & RESTORE (Fiona)            |                      |          |
| 11:30 |                     |                 |                    |  |                      |          |
| 12:00 |                     |                 |                    |  |                      |          |
| 12:30 |                     | BOXERCISE       | CORE & MOBILITY    | PILATES (Lucy) & BOOTCAMP ON THE GREEN | YOGA HATHA (Kathryn) |          |
| 13:00 |                     |                 |                    |  |                      |          |
| 13:30 |                     | CORE & MOBILITY | BOXERCISE          |  |                      |          |
| 14:00 |                     |                 |                    |  |                      |          |
| 17:00 |                     |                 |                    |  |                      |          |
| 17:30 | POSTURE STRONG      | CIRCUITS        |                    | CIRCUITS                               |                      |          |
| 18:00 |                     |                 | ZUMBA (Sarah)      |  |                      |          |
| 18:30 | BOXERCISE           |                 |                    | BOXERCISE                              |                      |          |
| 19:00 |                     |                 | YOGA HATHA (Fiona) |  |                      |          |
| 19:30 |                     |                 |                    |  |                      |          |

NOTE: All classes are 45 minutes except YOGA & PILATES 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.

## PILATES

Our 'Pilates' sessions are low impact, aimed to build muscle strength while improving postural alignment, stability, and flexibility.

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)