

# INDOOR CLASS TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Studio Cycle with Colin 07:45 - 08:30		Pilates with Jane G 08:00 - 08:45		Studio Cycle with Colin 07:15 - 08:00		
Studio Cycle with Colin 08:45 - 09:30	Rise & Shine Yoga with Val 08:15 - 09:00 	Studio Cycle with Colin 08:15 - 09:00	Fitness Pilates with Mandi 08:00 - 08:45 	Studio Cycle with Colin 08:15 - 09:00	Studio Cycle with Jane 08:15 - 08:45	
Fit Flow with Briony 09:15 - 10:00 	Yoga Vinyasa with Val 09:15 - 10:00 	Yogalates with Jane G 09:00 - 09:45	Studio Cycle with Alice 08:15 - 09:00	Yoga Hatha with Elena 09:15 - 10:00	Dynamic Pilates with Jane 09:00 - 09:45	Studio Cycle with Alice 09:15 - 09:45
Flow & Restore with Briony 10:15 - 11:00	Supple Strength with Carolyn 10:15 - 11:00	Studio Cycle with Abi 09:15 - 09:45	Sculpt with Mandi 09:00 - 09:45 		Studio Cycle with Alice 09:15 - 09:45	Studio Cycle with Alice 10:00 - 10:45
	Fitball with Carolyn 11:15 - 12:00	Dynamic Pilates with Abi 10:00 - 10:45	Pilates with Penny 10:00 - 10:45	Dynamic Pilates with Abi 10:30 - 11:15	Barre Sculpt with Abi 10:00 - 10:45	
	Pilates with Carolyn 12:15 - 13:00	Pilates with Tina 12:15 - 13:00		Pilates with Abi 11:30 - 12:15	Studio Cycle with Alice 10:15 - 10:45	Relax & Meditate with Paul 11:30 - 12:15
Studio Cycle with Abi 12:00 - 12:30		Studio Cycle with Jane 13:30 - 14:00		Yogalates with Abi 12:30 - 13:15	Stretch & Tone with Alice 11:00 - 11:45	
Yogalates with Abi 12:45 - 13:30 		Stretch & Tone with Tina 13:15 - 14:00 			Beginners Cycle with Abi 11:15 - 11:45	
Dynamic Pilates with Abi 13:45 - 14:30 				Sound Bath Meditation with Kirsty 14:45 - 15:45	Pilates with Abi 12:00 - 12:45	
Barre Express with Abi 14:45 - 15:15	Movement Mechanics with Tom 15:15 - 16:00 	Stretch with Jane 15:15 - 15:45	Rehab Pilates with Angie 15:15 - 16:00			
Flow & Restore Yoga with Jane P 15:30 - 16:30			Pilates with Jane G 16:15 - 17:00			Sound Bath Meditation with Kirsty 15:30 - 16:30
Dynamic Pilates with Abi 16:45 - 17:45	Studio Cycle with Jane D 16:30 - 17:00	Pilates with Abi 17:15 - 18:00	Yogalates with Jane G 17:15 - 18:00 			
	Studio Cycle with Tom 17:30 - 18:00	Studio Cycle with Colin 18:00 - 18:45	Pilates with Jonathan 18:15 - 19:15 	Studio Cycle with Colin 18:00 - 18:45		
Studio Cycle with Alice 18:15 - 19:00		Barre Sculpt with Abi 18:15 - 19:00				
Stretch Yoga with Tina 18:45 - 19:30 	Slow Flow with Val 18:45 - 19:30	Studio Cycle with Colin 19:00 - 19:45	Yoga Nidra with Jonathan 19:30 - 20:00			
	Yin Yoga with Val 19:45 - 20:45 	Hatha Flow Yoga with Bella 19:15 - 20:15 	Restorative Yoga with Jonathan 20:15 - 21:15			

# OUTDOOR CLASS TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			HIIT with Mandi 07:15 - 07:45		Body Blitz with Colin 08:15 - 09:00	
Combat with Alice 08:00 - 08:45		Hatha Flow with Elena 08:15 - 09:00		Rise & Shine Yoga with Val 08:30 - 09:15		Tai-Chi with Michael 08:15 - 09:15
		Pump with Tina 09:15 - 10:00			Pump with Jane D 09:15 - 10:00	Yoga Vinyasa with Yvonne 09:30 - 10:15
Pump with Alice 09:00 - 09:45	Pilates with Sarah 09:00 - 09:45	Move with Tina 10:15 - 11:00	Combat with Alice 09:15 - 10:00	Sculpt with Abi 09:30 - 10:00		
Pilates with Penny 10:00 - 10:45	Pilates with Sarah 10:00 - 10:45	Core Release with Tina 11:15 - 12:00	Pump with Alice 10:15 - 11:00	Pilates with Penny 10:15 - 11:00	Pulse with Jane D 10:15 - 11:00	Qigong with Paul 10:30 - 11:15
Pilates with Penny 11:00 - 11:45			Senior Pilates with Penny 11:15 - 12:00	Pilates with Penny 11:15 - 12:00	Zumba with Jane 11:15 - 12:00	
			Pilates with Penny 12:15 - 13:00	Retroaerobics with Jane 12:15 - 13:00		
	Zumba with Judy 13:15 - 14:00		Pilates with Carolyn 13:15 - 14:00	Hatha Flow Yoga with Bella 13:30 - 14:30		
	Fitness Pilates with Judy 14:15 - 15:00	50+ Bodycon with Jane 14:15 - 15:00	Stretch & Tone with Carolyn 14:15 - 15:00			
	Low Impact Conditioning with Tom 16:15 - 17:00	Hatha Yoga with Elena 16:00 - 16:45		Dynamic Flow Yoga with Briony 16:00 - 16:45		
		Flow with Rich 17:00 - 17:30		Dynamic Flow Yoga with Briony 17:00 - 17:45		
Stretch & Tone with Alice 17:00 - 17:45		Kettle Bells with Rich 17:45 - 18:30				
HIIT with Tina 18:00 - 18:30	Core Fitness with Jane D 17:15 - 17:45					
	Sculpt with Jane D 18:00 - 18:30	Zumba with Joanna 18:45 - 19:30				
Total Conditioning with Tina 19:45 - 20:30						

## ABOUT CLASSES:

Our timetable will continue to develop in line with demand and social distancing guidelines.

### Indoor Classes:

Indoor classes are now allowed to safely take place. Our mechanical ventilation systems in our studios and gym have been increased to max. Systems are on all day, constantly pulling in fresh cooled air from outside while extracting the internal stale air out. Classes will also be held with the doors open and additional measures such as sanitisation and perspex have been implemented.

### Outdoor Covered Classes:

Classes are held under a large open-sided marquee. We highly recommend bringing layers to keep warm. Should you wish, bring a cushion and blanket for our slower paced classes and meditation.

### Live Recorded Classes:

Live labelled classes feature the instructors being recorded or live streamed, this is so you can take part at home or access the class again via [wickwoodswellbeing.co.uk](http://wickwoodswellbeing.co.uk).

### Equipment & Sanitisation:

Wickwoods is currently not providing any equipment or mats for classes. Mats are available to buy at main reception. Where equipment is used, please spray the equipment before and after use, likewise please also sanitise your hands before and after.

## CLASS DESCRIPTIONS

### Core Fitness

An intense 45 minute workout focused on all elements of core strength.

### Core Release

Our updated name for our popular Stretch & Tone class. A fusion of core and resistance exercises with mobility and stretches that improve the way your body moves.

### Dynamic Pilates

Whilst still very much focusing on the Pilates fundamentals this class is designed to make you work a little harder than our regular Pilates class. Within this class exercises are grouped into threes, and flow seamlessly from one to the next.

### Move

Our updated name for our Body Conditioning class. Join Tina for a full out total body workout. Incorporating cardio and conditioning exercises designed to burn maximum calories and condition the body.

### Pilates

Focusing on alignment, core strength and posture. We're well known for our Pilates classes, and have some of the best instructors around. Join one of our fantastic team everyday for your daily fix of Pilates.

# CLASS DESCRIPTIONS

## Relax & Meditate

In this class we learn ways to calm mind and body, cultivate wellbeing and awareness, press “pause” and allow the body to benefit from exercise and activity. We’ll practice a number of different relaxation and meditation techniques which can be applied in our everyday lives. The class starts with gentle movement, followed by lying-down relaxation, then a sitting meditation. Suitable for complete beginners and the more experienced, instructions can be tailored to individual needs.

## Dynamic Flow Yoga

An energetic and dynamic yoga flow to a soundtrack of ambient music. Utilising your bodyweight to flow through yoga postures helping to increase your mobility and flexibility through fluid movement. Breathing techniques will be utilised to help you work through the flow which will get your heart rate up and leave you feeling awake and energised, ready for the weekend.

## HIIT

High intensity interval training. Short quick bursts of high intensity exercises that will get the heart rate up and burn calories.

## Yogalates

A fusion of Pilates and Yoga. Taking the very best of the core strengthening and alignment elements from Pilates, with the flow and flexibility aspects of yoga.

## Yoga Vinyasa

A Dynamic Flow to awaken the body, whilst challenging strength & stability whilst also improving flexibility.

## Yin

A restorative form of yoga, that is slow paced and with asana’s (postures) that are held for an extended length of time. The flow of postures aim to stimulate the channels in the body to heal from within

## Combat

Our aerobic martial arts class. Using combinations of kicks, punches and full body movements to get a complete body workout challenging the body and mind.

## Fitball

A fun group exercise programme for all to enjoy. The class uses core stability balls to enhance the posture, strength, balance and stability of a healthy adult.

## Flow

A bodyweight session that incorporates balance, strength and mobility that aims to improve your movement quality and posture in day to day life.

# CLASS DESCRIPTIONS

## Body Blitz

A 45 minute high intensity bodyweight workout with our instructor Colin. Be prepared to be challenged!

## Kettle Bells

A full body intense workout using a kettlebell. Our expert trainer will train you through technique of each move, once this is achieved we then take the intensity up by performing each move in a Tabata style.

## Low Impact Conditioning

Join our sport therapist for a full body conditioning workout that is friendly to hips, knees and ankles.

## Movement Mechanics

Join our in-house sports therapist for a gentle joint strengthening and mobility class to release tension and improve range of motion. This class also incorporates myofascial release work to help release those extra tight areas.

## Qigong

Pronounced “chee gong,” has similar roots to Tai Chi and is a series of simple movements carried out slowly and mindfully. Practiced originally in China for centuries, the movements promote health and wellbeing, with positive effects on flexibility, coordination and a number of health conditions.

## Rise & Shine Yoga

A morning practice to unwind open up and create freedom and grounding. Suitable for all levels.

## Retroaerobics

A fun filled dance and aerobic workout based on the best of 80's workout moves, whilst taking you on a musical journey through the decades. Carefully designed to focus on all areas of the body, cardio, toning and strengthening, without even realising that you're exercising! If you are a fan of flash dance and Jane Fonda, this is for you!

## Studio Cycle

Join our fantastic instructors for a quick intense cardio workout on the spin bikes outside on the pod deck.

## Stretch & Tone

Through a series of movements, exercises and developmental stretching, this class will promote mobility, stability and balance. Developing both tone and flexibility in the body will evenly balance muscles and improve posture.

## Flow & Restore Yoga

A gentler version of our flow classes. This class encourages the body to relax whilst gently developing flexibility. You will be guided in and out of various poses with focus on breath and alignment. A good class for those wanting a slightly more challenging flow but with a restorative element.

# CLASS DESCRIPTIONS

## Yoga Hatha

Incorporating the principles of gravity, breath and spine together with presence and attention, this is a class which combines traditional practices of Hatha yoga with 21st century knowledge of human movement. Offering a balance of active and passive movements, it is suitable for both beginner and the more experienced practitioner looking to broaden, refresh and refine their practice.

## Restorative Yoga

Longer held 'poses', supporting the body with props to allow it to relax and release. This enables the natural healing powers of our 'rest and digest' state, whilst calming the mind.

## Zumba

Zumba is a popular fitness programme inspired by Latin dance. The word "Zumba" comes from a Colombian word that means to move fast and have fun, which is just how people describe the routine. Using upbeat Latin music together with cardiovascular exercise, Zumba is aerobic dancing that is lots of fun and easy to learn!

## Barre Express

Fusion of ballet and Pilates. This is a short workout that will target the core, glutes and legs predominantly. Currently this class is being held outdoors so all exercises will be performed in the centre without a barre.

## Sound Bath

There are so many benefits to health and wellbeing that can be achieved with deep sound-based relaxation including reduced stress and anxiety, less muscle tension and physical pain as well as an increased sense of wellbeing and a positive mood-state. Therapeutic sound baths using gongs, Himalayan singing bowls, chimes, drums and other percussion instruments are proven to relax the body and mind on a deeper level than other relaxation methods, and help to lower brainwaves so levels become similar to meditation or a state of deep sleep. This session will offer a short introduction, a couple of guided meditations, followed by a sound bath experience, and time for reflection at the end.

## Pump

Pump is a dynamic class that combines high repetition weight training with aerobic conditioning. It will tone and condition your body, help you to lose weight and ultimately change your body shape in record time!

## Rehab Pilates

A slower more gentle class with our rehabilitation trainer Angie. This class is for those who may be suffering with injuries or conditions that require a more specialised approach.

## Fitness Pilates

A fusion between Pilates and body conditioning, expect to work a little harder than our traditional Pilates classes.

# CLASS DESCRIPTIONS

## **Pulse**

A full body workout, we start by increasing the heart rate with 5 rounds of 5 cardio exercises to get our pulses racing. This is then followed by tri-sets of conditioning exercises with each set finishing on a pulsing exercise to make you feel the burn. One for those who want a challenge!

## **Senior Pilates**

Designed specifically for our older members. Join our fabulous instructor Penny as she takes you through a 45 minute Pilates class, followed by a 15 minute relaxation.

## **Sculpt**

Our updated name for LBT. Join Abi for a low impact conditioning class that targets all the hard to tone areas.

## **Yoga Nidra**

Yoga nidra is a systematic method of inducing complete physical, mental and emotional relaxation. The term yoga nidra is derived from two Sanskrit words, yoga meaning union or one-pointed awareness, and nidra which means sleep.' Swami Satyananda Saraswati' Using a guided rotation of consciousness, an awareness of the breath, bodily feelings and sensations and visualisation techniques to bring you into a state of yogic sleep.