

Move With Bath - Class Framework Plan - Week 1 updated v2.1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Time	10am (45mins)	8am (45mins)		8am (45mins)	10am (45mins)	10am (45mins)	10am (45mins)
Class	Legs, Bums & Tums	Breakfast Family HIIT (pre-recorded)		Breakfast Family HIIT (pre-recorded)	Legs, Bums & Tums	Combat	Sporty HIIT (pre-recorded)
Description	Get those glutei and quads firing! Bodyweight and weighted options.	High Intensity Interval Training with a full body cardio blast. Suited to all levels of fitness and all ages.		High Intensity Interval Training with a full body cardio blast. Suited to all levels of fitness and all ages.	Get those glutei and quads firing! Bodyweight and weighted options.	Lunging, squatting, kicking and boxing! Fast feet and fast hearts and lots of fun.	High Intensity Interval Training with a full body cardio blast. Focus on fast movement and reactions. Suited to all levels of fitness and all ages.
Instructor	Martha Norris	Andy Watson		Andy Watson	Milly Jackson	Francesca Sambito Pace	Andy Watson
Time		9am (15mins)		9am (15mins)			
Class		Wake Up, Shake Up		Wake Up, Shake Up			
Description		Aimed at younger children this ten minute HIIT class will have you dodging cannonballs and riding unicorns!		Aimed at younger children this ten minute HIIT class will have you dodging cannonballs and riding unicorns!			
Instructor		SuperPirates		SuperPirates			
Time		12noon (45mins)	12noon (45mins)	12noon (45mins)	12noon (45mins)	12noon (45mins)	11am (60mins)
Class		Dance Fit	Qi Gong	Mobility & Low Impact Circuits	Functional Fitness	TBC: SuperPirates Pre-Match Warm-Up (pre-recorded)	Dance & Flow
Description		Dance yourself fit in this fusion of dance and aerobics. A complete cardio workout: a high energy and fast-paced dance fitness workout to world music, rock and pop classic tracks.	Join in on these brain-calming co-ordinated movements from the Ancient Chinese practice Qi Gong, literally meaning "life energy" for a restorative lunchtime class.	Suitable for all, great for those with limited mobility or in rehabilitation.	CrossFit-inspired resistance workout of the day featuring AMRAPs, EMOMs and lots of energy!	Join the SuperPirates as they take younger fans through a fun and active pre-match warm-up!	30mins of Zumba followed by 30mins of Yoga - the dream combo for your Sunday morning!
Instructor		Jess Davies & Siobhain Archer	Ollie Chick	Steven McCreedy / Sarah Lillywhite	Andy Watson & Guest	SuperPirates	Rosanna Hood & Robyn Blackmore
Time	7pm (45mins)		8pm (30mins)				
Class	Flow Yoga		Bedtime Yoga				
Description	Round-off your Monday with a flow yoga practise to ease you into the evening.		Gentle restorative yoga followed by 10-15mins of guided meditation. The perfect way to wind-down. Suitable for all especially kids.				
Instructor	Robyn Blackmore / Oba Noakes		Emma Collins-Jones / Katie Hodge				

