



Fitness Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Blast 7 - 7.45am	Gentle Flow Yoga 7.30 - 8.15am	Ballet Barre 7.30 - 8.15am	Spinning 7.15 - 8am	HIIT 7.30 - 8am		
Stability Ball 8 - 8.45am	Stability Ball 8.15 - 9am		Body Flow 8 - 8.45am	Stability Ball 8.15 - 9am	Spinning 8.30 - 9.15am	
Yoga Stretch 9.15 - 10am	Pilates 9.15 - 10am	Dance Fitness For Beginners 9.15 - 10am	Pilates 9 - 9.45am	Yoga Stretch 9.15 - 10am		
	Cardio Blast 10.15 - 11am	Pilates 10.15 - 11am		Ballet Barre 10.30 - 11.15am	Yoga 10.30 - 11.30am	Boot Camp 10.15 - 11.15am
Boot Camp 5 - 5.45pm	HIIT <i>(in the gym)</i> 5 - 5.45pm		Kettlebells <i>(in the gym)</i> 5 - 5.45pm			Spinning 5 - 6pm
	Hatha Yoga 5.15 - 6.15pm	Box Fit 5.15 - 6.15pm	Full Body Tone 5.15 - 6pm	Vinyasa Flow Yoga 5.30 - 6.30pm		
Pilates 6 - 6.45pm	Spinning 6.30 - 7.15pm	Yoga Stretch 6.15 - 7.15pm	Spinning 6.15 - 7.15pm	Full Body Circuit 6.30 - 7.30pm		
Yoga Stretch 7 - 8pm			Vinyasa Flow Yoga 7.30 - 8.30pm			

The studio will also be available to book 121 and group personal training or Pilates sessions
All classes are free to members and hotel guests

- Book in via reception

For more information, please see a member of the gym team.

01752 344455 / www.gaiaboringdon.co.uk

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VINYASA YOGA

These indulgent smooth transitions between yoga asanas, and dynamic movements using the breath to help control strength and balance of the mind and body.

CARDIO BLAST

This class will start off your week beautifully with a cardio kickstart progressive in aerobic exercises to wake up your body and keep a healthy heart.

STABILITY BALL

By using the Ball you can really activate your core to its max. This unique exercise helps with your stabilising muscles due to the ball being unstable in certain positions. Suitable for all abilities and fitness levels.

YOGA

Chill out with the relaxed atmosphere, practice varied yoga techniques and principles to suit all abilities.

YOGA STRETCH

A calming and elegant class, yoga poses stretch and strengthen your muscles and increase your range of motion and your balance.

BOOTCAMP

Come along to a fun, functional fitness session that uses many different activities and concepts it's great for fat burning too.

PILATES

Ease away life's aches and pains with this Low impact, although challenging class, aimed at core strength, postural alignment, achieving length, strength and flexibility.

GENTLE YOGA FLOW

Be kind to yourself, move your body in sync with the breath, creating fluid movements, inhale energy and exhale tension.

HIIT: HIGH INTENSITY INTERVAL TRAINING

its fast, its calorie burning and fun and its efficient whilst challenging your motor skills.

HATHA YOGA

You will find stillness and tranquility in this restorative yoga practice, allowing body and mind to harmoniously relax together, allowing stress and tension to melt away. This class is a perfect complement to the more dynamic and energetic practices offered.

SPINNING

An indoor cycle work out, great for your cardiovascular fitness. Focusing on strength and endurance at high and low intervals.

BALLET BARRE

Based on fundamental ballet moves at a barre this focuses on a strong core utilizing postures and techniques from small controlled movements. It's harder than it looks. No need to have any dance experience.

DANCE FITNESS FOR BEGINNERS

A fun and easy to follow dance style aerobic class, also including functional core strengthening moves to help reduce muscle wastage. A fun happy class where you can bring people together for laughter and smiles.

BOX FIT

An exercise class that gets you punching and kicking your way towards your fitness goals. Not only is it a great whole-body workout for cardio fitness, but it's also superb for burning fat, releasing stress and improving your co-ordination.

BODY FLOW

A wonderful combination of flowing yoga, Pilates and Tia Chi movements leaving you feeling centered and calm.

KETTLEBELLS

Aa high-intensity-ballistic workout that can help meet your toughest fitness goals. It combines functional, compound exercises such as "the swing," "the clean" and "the press" that will work multiple muscle groups.

FULL BODY TONE

Shape up and tone up, burn calories in a great fun way as you lunge step and squat, suitable for everyone and adapted for all your needs.

VINYASA YOGA

These indulgent smooth transitions between yoga asanas, and dynamic movements using the breath to help control strength and balance of the mind and body.

FULL BODY CIRCUIT

It's simply an all over body work out. Burn calories and increase your muscle tone and maximize your work out efficiency.

