

CLASS TIMETABLE

Monday

12:00-12:45	Boxercise	Studio 1	Jim Team
12:15-13:00	Power Hour (spin)	Studio 2	Clare
12:45-13:15	Ab Attack	Studio 1	Jim Team
13:15-14:00	Cardio Burnout (spin)	Studio 2	Jim Team
13:15-14:00	Body Pump	Studio 1	Steve
18:00-18:45	Cycle Mania (spin)	Studio 2	Lucy
18:30-19:30	Ashtanga Yoga	Studio 1	Richard

Tuesday

07:15-08:00	Get Moving (spin)	Studio 2	Jim Team
07:30-08:15	Ashtanga Yoga	Studio 1	Richard
11:30-12:15	Circuit	Studio 1	Jim Team
12:15-13:00	Power Hour (spin)	Studio 2	Charlie
12:15-13:00	Step	Studio 1	Edyta
13:15-14:00	Cardio Burnout (spin)	Studio 2	Lucy
13:15-14:00	Pilates	Studio 1	Angela
17:45-18:30	Circuit	Studio 1	Jim Team
18:30-19:15	Cycle Mania (spin)	Studio 2	Jim Team
18:30-19:15	Body Pump	Studio 1	Lucy

Wednesday

08:00-08:15	Ab Attack	Studio 1	Jim Team
12:15-13:00	Power Hour (spin)	Studio 2	Lucy
12:15-13:00	Coreball	Studio 1	Jim Team
13:00-13:15	Ab Attack	Studio 1	Lucy
13:15-14:00	Boxercise	Studio 1	Jim Team
13:15-14:00	Cardio Burnout (spin)	Studio 2	Jim Team
18:00-18:45	Step	Studio 1	Paula
18:30-19:15	Cycle Mania (spin)	Studio 2	Jim Team
18:45-19:45	Vijnana Yoga	Studio 1	Beverly
19:00-20:45	Table Tennis	Lounge	Jim Team

Key

 SPIN	 TONING
 RELAXATION	 CORE
 COMBAT	 AEROBIC
 SPORT & SOCIAL	 *All new classes are marked with Bold Italics

Thursday

07:15-08:00	Get Moving (spin)	Studio 2	Jim Team
12:00-12:15	Ab Attack	Studio 1	Jim Team
12:15-13:00	Power Hour (spin)	Studio 2	Charlie
12:15-13:00	Body Pump	Studio 1	Lucy
13:15-14:00	Pilates	Studio 1	Angela
18:00-18:45	Cycle Mania	Studio 2	Lucy
18:15-19:00	Step	Studio 1	Edyta

Friday

12:00-13:00	Vijnana Yoga	Studio 1	Beverly
12:15-13:00	Power Hour (spin)	Studio 2	Jim Team
13:00-13:30	LBT	Studio 1	Lucy
13:30-14:10	Circuit	Studio 1	Lucy

Policy

As part of Slim Jims Carbon Footprint policy Slim Jims do not provide printed copies of the class timetable but invite you to email info@slim-jims.co.uk to receive a copy of the class timetable via email.

If you would like a printed copy then you can still download the online version and print at home.



Class Descriptions

Ashtanga Yoga This is a dynamic yoga which involves synchronising the breath with progressive series of postures.

Ab Attack Intense abdominal class. These classes are mostly only 15 minutes long so no excuse!

Body Pump A high-repetition weight training class to music! It will help tone, strengthen & condition the body and assist in weight loss.

Boxercise Incorporating boxing techniques, this is a cardiovascular and muscular conditioning workout.

Circuit Total body workout designed to improve strength, endurance, speed and agility, targeting all the muscle groups.

Coreball A low impact toning workout performed with the Swiss Ball, aiming to improve core strength, balance and coordination.

LBT This fun cardio and muscle conditioning class targets those below the belt areas.

Pilates This mat based session is designed to lengthen and strengthen your entire body. Based on the teachings of Joseph Pilates, these movements will help you gain postural alignment, balance and flexibility.

Step A high impact class using an aerobic routine and step boards to help you get fit and burn calories.

Table Tennis A fun class where you can practise and improve your table tennis skills.

Vijnana Yoga Stems from the yogic tradition of northern India, a deep understanding or knowing that cannot come about merely through outer knowledge.

Spin A challenging and fun low impact cycling class. All levels welcome.

Booking Procedures

- All classes can be booked at reception or by calling 0207 247 9982
- Classes in Studio 1 may be booked two weeks in advance
- Spinning classes must be booked within 24 hours
- Please arrive on time for your class, late arrival may result in your place being given to another member
- Whilst we endeavour to offer the classes advertised, Slim Jims reserves the right to cancel or change classes and instructors without notice.
- Please ensure you wear appropriate clothing and footwear.

For further information or additional details about our classes please ask a member of staff or call 020 7247 9982

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HEALTH CLUB
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