

Headington Fitness Timetable - Semester 2

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Group PT

7:15am-8:00am
Health Suite (Rig)
Jagoda

Yoga

7:15am-8:00am
Studio
Chris

Yoga

10:00am-10:45am
Studio
Kristine

Pilates Beginner/Inter

8:05am-8:45am
Studio
Jagoda

Pilates Beginner/Inter

12:15pm-1:00pm
Studio
Jagoda

Yoga

10:45am-11:30am
Studio
Kristine

Strong Core

12:15pm-1:00pm
Studio
Jagoda

Group PT

12:15pm-1:00pm
Health Suite (Rig)
Jagoda

Group PT

4:30pm-5:15pm
Health Suite (Rig)
Jagoda

Yoga

6:00pm-6:45pm
Studio
Chris

Indoor Cycling

5:30pm-6:15pm
Cycle Room
Stevie

Legs, Bums and Core

5:30pm-6:15pm
Studio
Jagoda

Indoor Cycling

5:30pm-6:15pm
Cycle Room
Abs

Legs, Bums and Core

6:00pm-6:45pm
Studio
Abs

Capoeira

6:45pm-7:30pm
Studio
Chris

Muay Thai HIIT

6:00pm-6:45pm
Studio
Richard

Circuits

7:00pm-8:00pm
Sports Hall
Abs

Pilates Advanced

6:30pm-7:15pm
Studio
Jagoda

Circuits

7:00pm-8:00pm
Sports Hall
Abs

Indoor Cycling

6:45pm-7:30pm
Cycle Room
Abs

Key



High intensity, high calorie burn. Health and fitness benefits of improved cardiovascular fitness and endurance, stamina, strength and speed.



Moderate intensity dynamic strength and core focus. Health and fitness benefits include improved upper and lower body functional strength, core stability, balance, flexibility and mobility.



Low intensity and mental awareness. Health and fitness benefits include improved mental well being, flexibility, mobility, strength and core.