



Highdown Sports and Leisure

Classes Timetable



DAY	TIME	CLASS	VENUE	INSTRUCTOR
MONDAY	16:45 to 17:45	Boxercise	Barn	HSL Staff
	19:15 to 20:15	Circuits	Sports Hall	Amanda Stevens (External)
TUESDAY	18:30 to 19:30	Legs Bums and Tums	Barn	HSL Staff
	19:30 to 20:30	Yoga	Barn	HSL Staff
WEDNESDAY	18:00 to 19:00	Tang Sou Dao (First Class Free)	Sports Hall	Nazim Gokcezade (External)
	18:30 to 19:30	Bodyblitz	Barn	HSL Staff
THURSDAY	20:00 to 21:00	Kickboxing	Barn	Robby Elson (External)
FRIDAY	15:30 to 16:30	Boot Camp	Sports Hall	HSL Staff
	18:00 to 19:00	Tang Sou Dao	Sports Hall	Nazim Gokcezade (External)

Pay just **£5** with HS&L class and enjoy the workout.

You don't need to be a member of HS&L to join the class!

External booking prices may vary. Please call Duty Manager 0118 9015812 to book.

CLASS DESCRIPTIONS

Bodyblitz/Bootcamp HSL staff

Bodyblitz is a full body workout working everything from your muscles, your cardiovascular system, power, strength and endurance.

Boxercise HSL staff

Boxercise is an exercise class based on the training concepts boxers use to keep fit.

Classes can take a variety of formats but a typical one may involve shadow-boxing, skipping, hitting pads, kicking punch bags, press-ups, shuttle-runs and sit-ups. Most classes are aimed at men and women of all ages and fitness standards.

It is a fun, challenging and safe workout.

Circuits Amanda Stevens

In a Circuits class, the studio is set up with various exercise stations, you'll move around each station and workout different muscle groups. You'll work hard and test both your cardio and strength for an all-round challenge.

Kickboxing Robby Elson

Martial arts style cardio workout to help you develop a strong mind and body connection. Learn proper technique for punches and kicks while ramping up your fitness level to increase cardiovascular endurance, muscular strength, core integration and flexibility.

Legs Bums &Tums HSL staff

A Class focusing on the lower half of the body and abs. Toning the thighs and hamstrings and glutes muscles also working your cardiovascular systems, so you're burning lots of calories in this class.

Tang Sou Dao Nazim Gokcezade

A martial arts class teaching self defence, effective blocks, strikes, advanced kicking foot work evasion and physical fitness.

Yoga katecullumyoga.com

Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing.

The main components of yoga are postures (a series of movements designed to increase strength and flexibility) and breathing.