

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09.30-10.15 AQUA Renata	09.30-10.15 HIIT Aaran	09.30-10.15 FREESTYLE PUMP Natalie	09.30-10.15 HIIT Natalie	09.30-10.15 BODYXTREME Shell	09.00-09.45 GROUP CYCLING Tara	
09.30-10.15 PILATES Nikki	10.30-11.30 PILATES Kim	10.30-11.30 STRETCH AND CORE Natalie	10.30-11.15 LBT Kim	10.30-11.15 GROUP CYCLING Aaran	10.00-11.00 FREESTYLE PUMP Natalie	
10.30-11.15 BODYXTREME Shell						
18.00-18.45 BEE YOGA Bee	18.15-19.15 GROUP CYCLING Cara	18.00-18.45 FREESTYLE PUMP Mark	18.00-19.00 BODY CONDITIONING Carly	<p>CALL 01296 330311 TO RESERVE YOUR SPACE TODAY OR BOOK ONLINE AT REFLEXIONSAYLESBURY.CO.UK</p> <p>CANCELLATION POLICY If you cannot attend a class you have already booked, please inform reception ASAP as we regularly have people on waiting lists. Any member who cancels on the day of a booked class cannot be booked onto the following weeks class until the cancelled class has finished.</p>		
19.00-19.45 GROUP CYCLING Cara	18.45-19.30 AQUA Chyrryl	19.00-19.45 STRETCH AND CORE Carly				

CLASS TIMETABLE

T: 01296 330311

E: manager@reflexionsaylesbury.co.uk

reflexionsaylesbury.co.uk



AQUA

Water aerobics, focusing on aerobic endurance and resistance training.

BODY CONDITIONING

Weighted and bodyweight exercises to help tone the body and increase strength.

BODY PUMP

The original Les Mills barbell class which will sculpt, tone and strengthen your entire body, fast!

BODYXTREME

High intensity training with a blend of body weight, free weights and resistance bands to fight the fat!

FREESTYLE PUMP

Dumbbells and barbells workout to Mark's favourite playlist. Guaranteed to tone and shape your whole body.

GROUP CYCLING

Performed on stationary studio bikes. Varying speeds, resistance levels and intensities targeted at raising your heart rate and toning your lower body.

HIIT

High intensity interval training. Mixture of weighted and bodyweight exercise to raise the heart rate.

LBT

Tone up the bits you love to hate! (Legs, Bums, Tums).

PILATES

Emphasizes the balanced development of the body through core strength, flexibility and awareness.

STRETCH AND CORE

45 minutes of flexibility and core strengthening - a blast for your abdominals.

YOGA

Physical and mental strength building postures and stretches, in combination with the breath, to develop flexibility and relaxation.

CLASS DESCRIPTIONS

T: 01296 330311

E: lou.harrison@reflexionsaylesbury.co.uk

reflexionsaylesbury.co.uk   

Reflexions Health & Leisure, Buckingham Road, Watermead, Aylesbury HP19 0FY

