

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09.25-10.15 AQUA Renata	09.30-10.15 BODY CONDITIONING Carly	09.30-10.15 FREESTYLE PUMP Shell	09.30-10.15 STRETCH AND CORE 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 YOGA Kim	10.30-11.15 LBT Kim	09.30-10.15 AQUA Leanne	10.00-11.00 FREESTYLE PUMP Natalie	
10.30-11.30 BODY TONE Lewis				10.30-11.15 GROUP CYCLING Shell		
18.00-18.45 PILATES Nikki	18.15-19.15 GROUP CYCLING Cara	18.00-18.45 FREESTYLE COMBAT Natalie	18.00-19.00 FITBOX Barry	<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 Natalie	18.45-19.30 AQUA Tonya			

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!

FITBOX

An all over body workout using weights and bodyweight helping push you to your fitness limits within a 5ft space.

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.

SH1FT

A workout that involves high repetitions of low weights (bar and/or dumbbell) which helps build lean muscle, increase fat burning power and protect and strengthen the joints

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: manager@reflexionsaylesbury.co.uk

reflexionsaylesbury.co.uk   

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

