



Fitness Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Cardio Blast <i>(in the gym)</i> 7 - 7.45am	Legs Bums and Tums 7.30 - 8.15am		
Stability Ball 8 - 8.45am	Box Fit <i>(in the gym)</i> 8.15 - 9.00am			Stability Ball 8.15 - 9am	HIIT <i>(in the gym)</i> 8 - 8.45am	
Yoga Stretch 9.15 - 10am	Pilates 9.15 - 10am	Functional Fitness <i>(in the gym)</i> 9.15 - 10am	Pilates 9 - 9.45am	Yoga Stretch 9.15 - 10am		
					HIIT <i>(in the gym)</i> 9.15 - 10am	

			Tai Chi 5.30 - 6:15pm	Yoga 5.45 - 6.30pm		
Pilates 6 - 6.45pm	Boot Camp <i>(in the gym)</i> 6 - 6.45pm	Yoga Stretch 6.15 - 7.15pm	Rehab Pilates 6.30 - 7.15pm			
Meditation and breath work 7 - 8pm	Yoga 7 - 7.45pm		Vinyasa Yoga 7.30 - 8.30pm			

The studio will also be available to book 121 and group personal training or Pilates sessions
All classes are free to members and hotel guests

- Book in via reception

For more information, please see a member of the gym team.

01752 344455 / www.gaiaboringdon.co.uk

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CARDIO BLAST

This class will start off your week beautifully with a cardio kick-start progressive in aerobic exercises to wake up your body and keep a healthy heart.

FUNCTIONAL FITNESS

An all over body work out, burn calories in a great fun way as you lunge step and squat, suitable for everyone and adapted for all your needs.

HATHA YOGA

You will find stillness and tranquillity in this restorative yoga practice, allowing body and mind to harmoniously relax together, allowing stress and tension to melt away. This class is a perfect complement to the more dynamic and energetic practices offered.

HIIT (HIGH INTENSITY INTERVAL TRAINING)

It's fast, its calorie burning and fun and its efficient whilst challenging your motor skills.

MEDITATION AND BREATH WORK

Improve your mental, physical and spiritual wellbeing by developing a better awareness of your breath. A practical class with meditation practices' with a focus on breathing.

PILATES

Ease away life's aches and pains with this Low impact, although challenging class, aimed at core strength, postural alignment, achieving length, strength and flexibility.

STABILITY BALL

By using the Ball you can really activate your core to its max. This unique exercise helps with your stabilising muscles due to the ball being unstable in certain positions. Suitable for all abilities and fitness levels.

YOGA

Chill out with the relaxed atmosphere, practice varied yoga techniques and principles to suit all abilities.

YOGA STRETCH

A calming and elegant class, yoga poses stretch and strengthen your muscles and increase your range of motion and your balance.

VINYASA YOGA

These indulgent smooth transitions between yoga asanas, and dynamic movements using the breath to help control strength and balance of the mind and body.

TAI CHI

A gentle, low-impact class using slow movements and breathing techniques to improve balance, flexibility, relaxation, and overall wellbeing. Suitable for all fitness levels.

PILATES (REHAB-FOCUSED)

A Low-impact class designed to support recovery, improve core stability, posture, mobility, and muscle control. It's ideal for injury rehabilitation, injury prevention, and building functional strength in a safe, controlled way.

LEGS, BUMS AND TUMS

High-energy class targeting the legs, glutes, and abdominal muscles through a mix of strength and conditioning exercises. It's designed to tone, strengthen, and improve muscular endurance.

