

Class timetable



Bushey Grove
Leisure Centre

KEY:

- High Intensity Interval Training
- Aerobic/Cardio
- Aqua
- Strength & Endurance
- Mind & Body
- **STAGESFLIGHT** Indoor Cycling
- **NEW PRAMA™** classes
- 50+ Classes tailored to older adults

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07.00 HIIT Cardio 07.30 Dance Studio	07.00 STAGESFLIGHT 07.45 Indoor Cycling Studio	07.30 STAGESFLIGHT 08.15 Virtual Indoor Cycling Studio	07.00 STAGESFLIGHT 07.45 Indoor Cycling Studio	07.00 Metafit™ 07.30 Dance Studio	07.25 GRIT 07.55 Dance Studio	
07.00 STAGESFLIGHT 07.45 Virtual Indoor Cycling Studio	09.00 STAGESFLIGHT 09.45 Indoor Cycling Studio	08.30 Pilates 09.25 Dance Studio	08.30 LES MILLS BODYCOMBAT Dance Studio	08.30 Pilates 09.30 Dance Studio	08.00 STAGESFLIGHT 08.45 Indoor Cycling Studio	
08.30 Body Conditioning 09.25 Dance Studio	09.30 Aerobics 10.25 Dance Studio	09.30 STAGESFLIGHT 10.15 Indoor Cycling Studio	09.30 Indoor Cycling 10.15 Indoor Cycling Studio	09.30 STAGESFLIGHT 10.15 Virtual Indoor Cycling Studio	08.40 Pilates 09.35 Dance Studio	
09.30 STAGESFLIGHT 10.15 Indoor Cycling Studio	09.30 Stretch & Tone 10.25 Prama Studio	09.30 Body Conditioning 10.25 Dance Studio	09.30 Aerobics 10.25 Dance Studio	09.30 Pilates 10.25 Dance Studio	09.00 STAGESFLIGHT 09.45 Indoor Cycling Studio	
09.30 Aerobics 10.25 Dance Studio	10.00 STAGESFLIGHT 10.45 Indoor Cycling Studio	10.30 Indoor Cycling 11.15 Indoor Cycling Studio	10.30 Absolute Abs 10.55 Prama Studio	09.30 Kettlebells 10.25 Sports Hall	09.30 PRAMA™ Kids & Family 10.15 Prama Studio	
10.15 Aqua Aerobics 11.00 Teaching Pool	10.30 Yoga 11.25 Prama Studio	10.30 Zumba® 11.25 Dance Studio	10.30 Yoga 11.25 Dance Studio	10.00 PRAMA™ Strength 10.45 Prama Studio	09.45 STAGESFLIGHT 10.30 Virtual Indoor Cycling Studio	
10.15 Gym Floor Cardio 11.15 Gym Floor	10.30 Pilates 11.25 Dance Studio	11.30 Absolute Abs 11.55 Dance Studio	11.00 PRAMA™ Energy 11.45 Prama Studio	10.30 Body Conditioning 11.25 Dance Studio	09.50 Aerobics 10.45 Dance Studio	
10.30 Bums, Legs & Tums 11.25 Dance Studio	11.00 Aqua Aerobics 11.45 Teaching Pool	12.00 Yoga 12.55 Dance Studio	11.30 Bums, Legs & Tums 12.25 Dance Studio	10.35 Indoor Cycling 11.20 Indoor Cycling Studio	11.00 Zumba® 11.55 Dance Studio	
11.10 Aqua Aerobics 11.55 Teaching Pool	11.30 Pilates 12.25 Dance Studio	16.30 PRAMA™ Kids 17.15 Prama Studio	11.45 Aqua Aerobics 12.30 Teaching Pool	11.30 Zumba® Gold 50+ 12.25 Dance Studio	12.00 Kettlebells 12.55 Dance Studio	
11.30 Core Conditioning 12.25 Dance Studio	11.30 Kettlebells 12.25 Prama Studio	17.30 GRIT 18.00 Dance Studio	12.00 STAGESFLIGHT 12.45 Virtual Indoor Cycling Studio	12.00 Aqua Aerobics 12.45 Teaching Pool		
12.30 STAGESFLIGHT 13.15 Virtual Indoor Cycling Studio	11.50 Aqua Aerobics 12.35 Teaching Pool	17.30 PRAMA™ Energy 18.15 Prama Studio	12.35 Aqua Aerobics 13.20 Teaching Pool	12.00 Gen Plus Cycle 50+ 12.45 Indoor Cycling Studio		
12.45 Pilates 13.40 Dance Studio	12.30 STAGESFLIGHT 13.15 Virtual Indoor Cycling Studio	18.15 Indoor Cycling 19.00 Indoor Cycling Studio	13.00 Core Conditioning 13.55 Dance Studio	19.00 STAGESFLIGHT 19.45 Virtual Indoor Cycling Studio		09.00 Bums, Legs & Tums 09.55 Prama Studio
16.30 PRAMA™ Kids 17.15 Prama Studio	13.00 Stretch & Tone 50+ 13.55 Dance Studio	18.30 Pilates 19.25 Prama Studio	18.00 LES MILLS BODYPUMP Dance Studio			09.00 LES MILLS BODYCOMBAT Dance Studio
17.30 PRAMA™ Strength 18.15 Prama Studio	16.30 PRAMA™ Kids 17.15 Prama Studio	19.00 HIIT 45 19.55 Dance Studio	18.15 STAGESFLIGHT 19.15 Indoor Cycling Studio			09.00 STAGESFLIGHT 10.00 Indoor Cycling Studio
18.00 Latino Dancing 18.55 Dance Studio	18.00 Gym Floor HIIT 18.30 Gym Floor	19.15 Aqua Aerobics 20.00 Teaching Pool	19.00 Aqua Aerobics 19.45 Teaching Pool			10.00 PRAMA™ Kids & Family 10.45 Prama Studio
18.30 GRIT 19.00 Prama Studio	18.00 LES MILLS BODYPUMP Dance Studio	20.00 STAGESFLIGHT 20.45 Virtual Indoor Cycling Studio	19.05 Step 20.00 Dance Studio			10.00 LES MILLS BODYPUMP Dance Studio
18.30 STAGESFLIGHT 19.15 Indoor Cycling Studio	18.15 Indoor Cycling 19.15 Indoor Cycling Studio	20.00 Kettlebells 20.55 Dance Studio	19.15 STAGESFLIGHT 20.15 Virtual Indoor Cycling Studio			10.15 STAGESFLIGHT 11.00 Indoor Cycling Studio
19.05 Pilates 20.00 Dance Studio	19.05 GRIT 19.35 Sports Hall		19.50 Aqua Aerobics 20.35 Teaching Pool			11.15 Pilates 12.10 Dance Studio
19.30 Aqua Aerobics 20.15 Teaching Pool	19.15 STAGESFLIGHT 20.00 Indoor Cycling Studio					18.00 STAGESFLIGHT 18.45 Virtual Indoor Cycling Studio
19.30 Circuits 20.15 Sports Hall	19.15 Aqua Aerobics 20.00 Teaching Pool					
19.30 STAGESFLIGHT 20.15 Virtual Indoor Cycling Studio	19.15 Body Conditioning 20.10 Prama Studio					
20.05 Kettlebells 20.55 Dance Studio	19.30 LES MILLS BODYCOMBAT Dance Studio					
20.05 Yoga 21.00 Prama Studio						

Please advise your instructor if you are **new to group exercise** or of any **medical conditions** that may affect your ability to exercise.

Please ensure you provide at least **48 hours** notice if you are unable to attend a class. Failure to do so may result in charges.

Members can book **7 days in advance**, either online or by contacting reception.

Non-members may book 2 days in advance.

MARCH 2022

Please visit busheygroveleisurecentre.co.uk for the most up-to-date information on our range of classes.



InspireAll Leisure & Family Support Services manages these facilities in partnership with Hertsmere Borough Council. InspireAll is a registered charity. Charity no. 1093653.

Class descriptions



Bushey Grove
Leisure Centre

Absolute Abs

A class to condition and tone your stomach muscles.

Aerobics

An ideal aerobic workout to improve fitness, tone and burn calories.

Aqua Aerobics

A fun and invigorating all over body workout in the water designed to effectively burn calories with minimal impact on the joints.

LES MILLS BODYCOMBAT

Enjoy a 55 minute high-energy, martial arts inspired workout that is totally non-contact. With maximum calorie burn to fuel cardio fitness!

Body Conditioning

A low impact toning class with a range of cardio and toning exercises.

LES MILLS BODYPUMP

A weights class using light to moderate weights with lots of repetition. A total body workout that burns lots of calories.

Bums Legs & Tums

A low impact toning class designed to condition the lower body.

Circuits

Multi-station high intensity, fat burning and cardio conditioning exercise class with short bursts of interval training.

Core Conditioning

A blend of Yoga, Pilates and Tai Chi for core strength, flexibility and relaxation.

Deep Water Aqua Aerobics

A fun and invigorating all over body workout in the water designed to effectively burn calories with minimal impact on the body. Class held in deep water so not suitable for non-swimmer.

LES MILLS GRIT

The 30-minute high-intensity interval training workout, designed to improve strength and build lean muscle.

Gym Floor Abs

New abs class located on the gym floor, this class helps to tone and increase core strength.

Gym Floor Cardio

60 minute cardio class located on the gym floor.

HIIT Cardio

NEW 30 minute HIIT class, designed to help burn calories and increase fitness and stamina.

Indoor Cycling

A challenging 45 minute class carried to music on specially designed bikes. Great for improving fitness and stamina using cycling techniques.

Kettlebells

An intense full body workout that incorporates cardiovascular, strength and flexibility routines using weights.

Latino Dancing

The class is a mixture of Latino Dance moves including salsa and the cha cha. An all over body workout while at the same time enjoy the rhythms of hot Latin music.

Metafit™

A 30 minute strength training and high intensity class using only your body weight.

Pilates

A sequence of exercises designed to strengthen core muscles. A great way to improve your posture, flexibility and muscle tone.

PRAMA™ Energy

Our NEW immersive and interactive group exercise class, this 45 minute class combines functional training with high intensity interval training. This high energy class will motivate and guide you through a unique training experience.

PRAMA™ Kids

Our NEW immersive and intensive group exercise class is JUST FOR THE KIDS! Let them enjoy a fun and active workout designed to help coordination, increase fitness and mobility. For ages 5 -15 years only.

PRAMA™ Kids & Family

Our NEW immersive and interactive family group exercise class, this 45 minute circuits class gets the whole family active, enabling families to workout together whilst having bags of fun. Enhancing quality family time.

PRAMA™ Strength

Our NEW immersive and interactive group exercise class, this 45 minute class combines strength training with high intensity interval training. Using medium weight accessories combined with functional movements to motivate and guide you through a unique training experience.

STAGESFLIGHT™

Our new immersive, power-based group cycling workout. This 60 minute class provides a unique experience with night club style sound system and LED lighting and a large screen display, providing a bespoke workout environment.

STAGESFLIGHT™ Virtual

Our new virtual, power based group cycling class provides a unique cycling experience. This class is not instructor led.

Step

A complete body workout with low and high impact movements using the steps incorporating muscle toning, strengthening and flexibility exercises.

Stretch & Tone

A full relaxation class for the mind and body focusing on dynamic stretching stability and muscle tone.

Yoga

A conventional form of yoga incorporating breathing and flexibility techniques.

Zumba®

A total dance and aerobic workout combining all elements of fitness, cardio, muscle conditioning, balance and flexibility.

Zumba® Gold

Enjoy a lower-intensity Zumba class for all fitness abilities with easy to follow choreography at a slower pace.

Please visit busheygroveleisurecentre.co.uk for the most up-to-date information on our range of classes.