

Class timetable



Bushey Grove
Leisure Centre

KEY:

- High Intensity Interval Training
- Aerobic/Cardio
- Aqua
- Strength & Endurance
- Mind & Body
- Indoor Cycling
- PRAMA™ classes
- Virtual classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07.00 Full Body Workout Dance Studio	07.00 STAGES Cycle Indoor Cycling Studio	06.45 Kettlebells Dance Studio	07.00 STAGES Cycle Indoor Cycling Studio	07.00 Metafit™ Dance Studio	07.25 LESMILLS GRIT Dance Studio	
07.30 STAGES Cycle V Indoor Cycling Studio	07.45 STAGES Cycle Indoor Cycling Studio	07.40 Pilates Dance Studio	07.45 LESMILLS BODYCOMBAT Dance Studio	07.30 Pilates Dance Studio	07.55 STAGES Cycle Indoor Cycling Studio	
09.15 STAGES Cycle Indoor Cycling Studio	09.30 STAGES Cycle Indoor Cycling Studio	08.30 Pilates Stretch Prama Studio	08.00 STAGES Cycle Indoor Cycling Studio	08.30 STAGES Cycle V Indoor Cycling Studio	08.40 Pilates Dance Studio	
09.30 Aerobics Dance Studio	09.30 Aerobics Dance Studio	09.30 STAGES Cycle Indoor Cycling Studio	09.30 Aerobics Dance Studio	09.30 Pilates Dance Studio	09.00 STAGES Cycle Indoor Cycling Studio	
09.30 Stretch & Tone Prama Studio	09.30 Stretch & Tone Prama Studio	09.30 Body Conditioning Dance Studio	09.30 Abs Blast Prama Studio	09.30 Kettlebells Sports Hall	09.45 Aerobics Dance Studio	
10.15 Aqua Aerobics Teaching Pool	10.30 Yoga Prama Studio	09.30 Aqua Aerobics Main Pool	10.30 Yoga Dance Studio	10.30 Body Conditioning Dance Studio	09.50 STAGES Cycle V Indoor Cycling Studio	
10.15 Gym Floor Class Gym Floor	11.15 Aqua Aerobics Main Pool	10.00 STAGES Cycle Indoor Cycling Studio	10.30 Legs, Bums & Tums Dance Studio	10.30 STAGES Cycle Indoor Cycling Studio	10.00 Zumba® Dance Studio	
10.15 Body Conditioning Dance Studio	11.30 Kettlebells Dance Studio	10.30 Zumba® Dance Studio	11.30 Aqua Aerobics Teaching Pool	10.35 Zumba® Dance Studio	11.00 Kettlebells Dance Studio	
11.10 Aqua Aerobics Teaching Pool	12.00 Stretch & Tone Dance Studio	11.25 Absolute Abs Dance Studio	11.45 STAGES Cycle V Indoor Cycling Studio	11.30 Aqua Aerobics Teaching Pool	12.55 STAGES Cycle Dance Studio	
11.30 Core Conditioning Dance Studio	12.15 Aqua Aerobics Teaching Pool	11.55 Yoga Dance Studio	12.00 STAGES Cycle V Indoor Cycling Studio	12.00 STAGES Cycle Indoor Cycling Studio		
12.30 STAGES Cycle V Indoor Cycling Studio	12.30 STAGES Cycle V Indoor Cycling Studio	12.00 PRAMA™ Kids Prama Studio	12.35 Aqua Aerobics Teaching Pool	12.30 Core Conditioning Dance Studio	12.00 Legs, Bums & Tums Prama Studio	
12.45 Pilates Dance Studio	12.30 Gym Floor Class Gym Floor	12.55 LESMILLS GRIT Dance Studio	13.00 Core Conditioning Dance Studio	13.40 LESMILLS BODYPUMP Dance Studio	09.55 LESMILLS BODYCOMBAT Dance Studio	
18.00 Latino Dance Dance Studio	18.00 STAGES Cycle Indoor Cycling Studio	17.30 PRAMA™ Strength Prama Studio	13.55 LESMILLS BODYPUMP Dance Studio	18.00 STAGES Cycle Indoor Cycling Studio	10.00 STAGES Cycle Indoor Cycling Studio	
18.30 LESMILLS GRIT Prama Studio	18.15 STAGES Cycle Indoor Cycling Studio	18.00 Pilates Dance Studio	18.15 STAGES Cycle Indoor Cycling Studio	18.15 Aqua Aerobics Teaching Pool	09.45 PRAMA™ Kids & Family Prama Studio	
18.30 STAGES Cycle Indoor Cycling Studio	19.05 LESMILLS GRIT Sports Hall	18.55 STAGES Cycle Indoor Cycling Studio	19.00 Aqua Aerobics Teaching Pool	19.05 Step Dance Studio	10.05 LESMILLS BODYPUMP Dance Studio	
19.00 Pilates Dance Studio	19.15 STAGES Cycle Indoor Cycling Studio	19.00 Total Body Workout Dance Studio	19.05 STAGES Cycle V Indoor Cycling Studio	19.15 STAGES Cycle Indoor Cycling Studio	11.00 STAGES Cycle Indoor Cycling Studio	
19.15 Circuits Sports Hall	19.15 Aqua Aerobics Teaching Pool	19.40 Aqua Aerobics Teaching Pool	19.15 STAGES Cycle V Indoor Cycling Studio	19.15 STAGES Cycle Indoor Cycling Studio	11.15 Pilates Dance Studio	
19.30 Aqua Aerobics Teaching Pool	19.15 Body Conditioning Prama Studio	20.00 STAGES Cycle V Indoor Cycling Studio		19.45 STAGES Cycle V Indoor Cycling Studio	12.10 STAGES Cycle V Indoor Cycling Studio	
19.30 STAGES Cycle V Indoor Cycling Studio	19.30 LESMILLS BODYCOMBAT Dance Studio				18.00 STAGES Cycle V Indoor Cycling Studio	
20.00 Kettlebells Dance Studio	20.30 LESMILLS BODYCOMBAT Dance Studio				18.45 STAGES Cycle V Indoor Cycling Studio	
20.00 Yoga 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.

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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 Hertsmerelife Borough Council. InspireAll is a registered charity. Charity no. 1093653.

Class descriptions

Absolute Abs

This class help to increase core and ab strength which leads to better balance and stability. The class uses various movements incorporating the whole body while using equipment to challenge fitness levels.

Abs Blast

Focusing on those all-important abdominal muscle and your core strength our Abs Blast will help nip in your waist line and give you the tone and definition you want. Suitable for all fitness levels and abilities.

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.

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.

Full Body Workout

A cardio/strength class, based on interval training. This class will push you past your limits with athletic/plyometric drills mixed with intervals of strength, power, resistance, and core training.

LES MILLS GRIT

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

Gym Floor Classes

Need a change from your gym workout? Come along to our gym floor classes. This class will take place on our gym floor with one of our qualified fitness instructors to keep you motivated.

Kettlebells

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

Latino Dance

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.

Legs, Bums & Tums

A class targeting those troublesome areas. Designed to tone and shape the lower body with minimal impact, sculpting those areas you love to hate.

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.

Pilates Stretch

Soothe your mind with Pilates Stretch, a class that uses breathing and relaxation techniques to stretch the whole body while gently working the core stability muscle.

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.

STAGES Cycle

Stages Studio provides engaging full-featured group display with a personalized workout for each rider. Each rider works to their individualized level, while enjoying the motivating group environment. The instructor creates or chooses a predefined class plan that the group will follow for the class.

STAGES Cycle V

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.