



CLASS TIMETABLE

MONDAY

- 6.45am **Total Performance Circuit** **S**
Ebony Webber
- 4.45pm **Aqua Vitality** **ip** Lynda Festa
- 6.00pm **Foundation Yoga** **S** Craig Orsborn
- 7.15pm **Flow Yoga** **S** Craig Orsborn

TUESDAY

- 8.30am **Pilates** **S** Lynda Festa
- 9.30am **Pilates** **S** Lynda Festa
- 10.30am **Body Conditioning** **S** Lynda Festa
- 11.30am **Pilates** **S** Lynda Festa
- 5.30pm **Pilates** **S** Lynda Festa
- 6.30pm **Legs Glutes & Core** **S** Lynda Festa
- 7.30pm **Body Conditioning** **S** Lynda Festa

WEDNESDAY

- 6.45am **Full Body Burn** **S** Ebony Webber
- 9.15am **Sculpt & Tone** **S** Ebony Webber
- 10.15am **Sculpt & Tone** **S** Ebony Webber
- 4.00pm **Posture, Balance & Stability** **S**
Lynda Festa
- 5.30pm **HIIT** **S** Lynda Festa
- 6.30pm **Pilates** **S** Lynda Festa
- 7.30pm **Aqua Vitality** **ip** Lynda Festa
- 7.30pm **Hatha Yoga** **S** Craig Orsborn

THURSDAY

- 7.00am **Total Performance Circuit** **S**
Lynda Festa
- 9.00am **Aqua Vitality** **ip** Lynda Festa
- 10.00am **Legs, Glutes & Core** **S** Lynda Festa
- 7.30pm **Pilates** **S** Lynda Festa

FRIDAY

- 6.45am **Full Body Burn** **S** Ebony Webber
- 10.15am **Body Conditioning** **S** Ebony Webber
- 11.15am **Body Conditioning** **S** Ebony Webber

SATURDAY

- 8.00am **Foundation Yoga** **S** Craig Orsborn
- 9.15am **Flow Yoga** **S** Craig Orsborn

SUNDAY

- 8.00am **Foundation Yoga** **S** Craig Orsborn
- 9.15am **Hatha Yoga** **S** Craig Orsborn

KEY

- S** Class held in the studio
- ip** Class held in the indoor pool

Classes are 45 mins, apart from Yoga which is 1 hour.

CLASS INFORMATION

Total Performance Circuit

An expertly guided full-body circuit incorporating resistance machines, cardio equipment and functional training zones. Designed to enhance muscular endurance, cardiovascular health and gym confidence.

Body Conditioning

A low-impact, results-focused workout targeting all major muscle groups. Bodyweight is used to enhance tone, mobility and muscular endurance in a controlled format.

Aqua Vitality

A refreshing aqua workout designed to promote cardiovascular fitness, joint mobility and muscle tone - all without impact. Ideal for those seeking an energising, therapeutic approach to movement in the water.

Full Body Burn

An invigorating, high energy class that combines compound strength, core engagement and metabolic conditioning for a total-body transformation. Designed for individuals who value performance and intensity.

Foundation Yoga

A mindful session focused on awareness of breath and movement patterns, finding balance between effort and ease and exploring body tension and learning how to release and let go.

Flow Yoga

A physical session designed to connect breath and movement in a more dynamic way. Vinyasa Yoga builds intensity with rhythm and repetition.

Hatha Yoga

This class focuses on a more traditional style of yoga. Moving at a slower pace to help you build confidence, strength and flexibility. We'll cover classic yoga postures, traditional breathing techniques and relaxation practices.

Pilates

A focused, mat based practice designed to enhance core integrity, postural alignment and muscular control. Perfect for those seeking mindful movement, improved mobility and functional strength.

Sculpt & Tone

A meticulously structured session that blends light resistance, high repetition and targeting toning for visible definition and postural grace. Ideal for those seeking lean muscle, strength and physical refinement.

HIIT

A structured, high-intensity interval training session designed for efficiency and performance. Expect a programme targeted for enhancing cardiovascular capacity, metabolic rate and total body strength.

Legs, Glutes, Core

A refined take on the classic 'Legs, Bums & Tums' - this session focuses on shaping and strengthening the areas that matter most. With targeted lower-body work and deep core activation, it delivers noticeable definition, posture support, and lower-body endurance in an elegant, energised format.

Posture, Balance & Stability

An expertly guided class focused on improving body alignment, core strength, and overall control of movement.



For more information about our memberships scan QR code

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