


RigRun 2022 - Exercise Class Weekly Timetable





Week 2: From Wednesday 2nd February

	Time	Level	Class	Description	Instructor
Wednesday	06:30		Zumba	Low intensity cardio class	Amalia Wong
	11:20		Circuit Training	Medium intensity cardio class	Tamara Gromova
	19:15		Chair Based Circuits	Low Intensity cardio class	Tamara Gromova
Thursday	06:30		METAFIT	High intensity cardio class	Lynn Cowling
	11:20		LIIT	Medium intensity cardio class	Eve Elsby
	19:15		Gentle Circuits	Low intensity cardio class	Kate Miller
Friday	06:30		METAFIT	High intensity cardio class	Lynn Cowling
	11:20		Pilates	Stretch, tone and relax	Tamara Gromova
	19:15		Line Dancing	Medium intensity cardio class	Sheila Martin
Saturday	06:30		LIIT	Medium intensity cardio class	Gemma Slater
	11:20		METAFIT	High intensity cardio class	Lynn Cowling
	19:15		Gentle Circuits	Low intensity cardio class	Kate Miller
Sunday	06:30		Zumba	Medium intensity cardio class	Amalia Wong
	11:20		Adapted Tai Chi	Stretch, tone and relax	Kate Miller
	19:15		Gentle Circuits	Low intensity cardio class	Kate Miller
Monday	06:30		Zumba	Medium intensity cardio class	Amalia Wong
	11:20		Gentle Circuits	Low intensity cardio class	Tamara Gromova
	19:15		HITT	High intensity cardio class	Gemma Slater
Tuesday	06:30		Zumba Gold	Low intensity cardio class	Alison Livingston
	11:20		Zumba	Medium intensity cardio class	Amalia Wong
	19:15		Stretch & Flexibility	Stretch, tone and relax	Eve Elsby

Class Information

- All classes are 30 minutes in duration, and include a warm-up and cool down
- No equipment required! Classes can be performed in your cabin, living room or anywhere you have a little space to move around

- Wear suitable clothing and footwear.
- Please ensure the class is suitable for your personal needs. Consult a health professional if you need any concerns or require further advice about the suitability of any exercise programme.

Symbol	Description	Participants
	High Intensity cardio class - work hard, sweat hard, get results! Can include high-impact and body-weight exercises such as burpees, press-ups, jumping squats and lunges.	For those with a good level of fitness, health and mobility.
	Medium intensity cardio class – improve your fitness and get your heart and lungs working in an enjoyable way. Low-impact options included.	Suitable for most people with a basic level of fitness
	Low intensity cardio class. Start safe and slow with these classes. An excellent way to get active and improve your health.	Suitable for beginners and those who want to start gradually and have fun
	Stretch, tone and relax with these gentle classes that focus on core stability and flexibility.	Suitable for all levels