



# URTH TRAINING TIMETABLE

PLANET FITNESS CHARLESTOWN  
The Judgement Free Health Club

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>6:00AM BODY PUMP 45 min</p>	<p>6:00AM SPIN 45 min</p>	<p>6:00AM POWERYOGA 45 min</p>	<p>6:00AM BODY PUMP 45 min</p>	<p>6:00AM PF CHALLENGE 45 min</p>		
<p>6:00AM POWERCAMP 55 min</p>	<p>6:00AM FUNCTIONAL 55 min</p>	<p>6:00AM FUNCTIONAL (PARTNER) 55 min</p>	<p>6:00AM POWERCAMP 55 min</p>	<p>6:00AM POWERCAMP 55 min</p>	<p>7:00AM FUNCTIONAL 55 min</p>	
	<p>7:00AM PF CHALLENGE 45 min</p>		<p>8:30AM PF ACTIVE 45 min</p>		<p>8:30AM BODY PUMP 60 min</p>	
	<p>12:30PM PF PUMP 45 min</p>	<p>12:30PM SPIN 45 min</p>	<p>12:30PM YOGA 45 min</p>			
<p>5:30PM POWERCAMP 55 min</p>	<p>4:30PM FUNCTIONAL 55 min</p>	<p>5:30PM FUNCTIONAL (PARTNER) 55 min</p>	<p>4:30PM POWERCAMP 55 min</p>	<p>4:30PM POWERCAMP 55 min</p>		<p>4:00PM YIN YOGA 75 min</p>
<p>5:45PM BODY PUMP 60 min</p>		<p>5:45PM BODY PUMP 60 min</p>		<p>5:45PM YIN/YANG YOGA 75 min</p>		
<p>7:00PM YIN YOGA 60 min</p>		<p>7:00PM YOGA 60 min</p>				



# CLASS DESCRIPTIONS

<b>PF ACTIVE</b> <i>CARDIO</i>	A challenging workout carefully tailored to all fitness levels injuries and/or ailments. Expect a good time, not an easy time.
<b>SPIN</b> <i>CARDIO</i>	Cardio training meets inspired play-lists with a variety of drills, intervals and team challenges. Climb, sprint and let the energy move you. Each bike has its own resistance dial, so it's perfect for all fitness levels – your bike, your intensity, your ride. For the pro cyclist, spend some time concentrating on the road just the ride.
<b>PF CHALLENGE</b> <i>HIIT</i>	The body's ability to move functionally is challenged every week using HIIT style body weight exercises, power and plyometric moves, barbell and hand weights. Progressional exercises are offered for all fitness levels.
<b>PF PUMP</b> <i>STRENGTH</i>	This program will strengthen your entire body. It targets all major muscle groups by using exercises such as squats, presses, lifts and curls.
<b>YIN YOGA</b> <i>WELLBEING</i>	Yin Yoga targets your deep connective tissues, like your fascia, ligaments, joints, and organs. It's slower, more meditative and the asanas (poses) are held for longer, giving you space and time to turn inward, tune into, and connect to both your body and mind. It's an opportunity to refresh, restore, relax, and renew.
<b>BODY PUMP</b> <i>STRENGTH</i>	Les Mills' classic workout challenges all your major muscle groups with exercises like squats, presses, lifts & curls. Your weight selection will determine the intensity, thus this class is suitable for beginners to advanced participants.
<b>YOGA</b> <i>WELLBEING</i>	The ancient practice of yoga designed to center the mind, calm the body and reduce stress. This class involves flow, strength and yin restorative poses. Think you're too tough for yoga? Think again - Namaste.
<b>POWERCAMP</b>	PowerCamp: a combination of strength movements and cardio conditioning exercises for a fast-paced, extremely addictive, and incredibly effective workout.
<b>FUNCTIONAL</b>	A FUNctional high intensity workout with a purpose! Incorporating exercises to develop movements performed in daily activities, leaving you feeling amazing and capable of conquering any activity.

## OPENING HOURS

Monday - Wednesday 5:00am - 10:00pm | Thursday - Friday 5:00am - 9:00pm  
Saturday 7:00am - 6:00pm | Sunday 9:00am - 6:00pm