

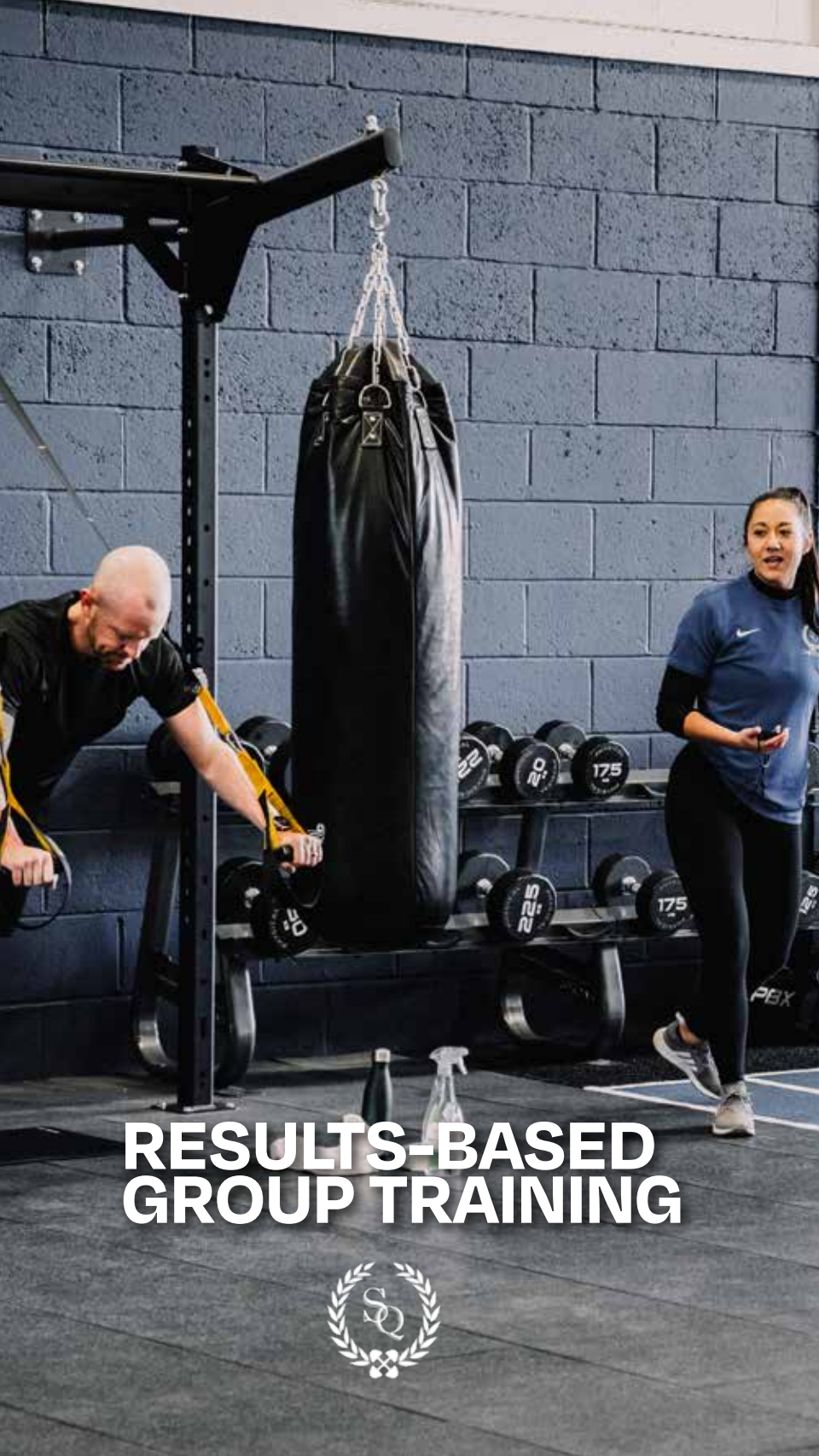


# CLASS INFORMATION & TIMETABLE

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**THE  
SHREDQUARTERS**  
BRIGHTON



# RESULTS-BASED GROUP TRAINING



# CLASSES SPIEL

Our variety of classes that we offer here at The Shredquarters Brighton are specifically designed by our expert team of Personal Trainers to help get you fit, strong and feel great.

We pride ourselves on building a warm and welcoming community suitable for all abilities, ages and previous training experience.

We produce great results and truly care about helping you succeed.

Detailed on the following pages are more information about our classes and our timetable.

#HWPO

**THE  
SHREDQUARTERS**  
BRIGHTON

OFFICIAL

HYROX GYM

# OUR CLASSES

## SHRED

**Our signature class** . Specifically designed to give you maximum results. Our shred classes combine high energy, full-body HIIT training to get you to work hard, burn fat and feel great.



## LIFT

**This is our awesome strength-based workout.** You'll learn the fundamentals of weight training and feel the empowerment of building strength, whilst improving technique and form.



## BRIGHTON STRENGTH CLUB

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Giving you the perfect combination when it comes to lifting weights and getting a sweat on. BSC is certainly a fun and engaging workout to help supercharge your weekend and work in a team.



## BURN

**Like Shred, but more about pacing.** Designed to work on endurance. Burn helps to improve your fitness levels, while earning a huge calorie expenditure. Get involved.

# OUR CLASSES

## YOGA

We do yoya and we do it well. **Wednesday evenings at SQB.** Designed to help with recovery, meditation and flexibility. This is a great addition to our timetable to help you de-stress.

## RUMBLE

The latest addition to our timetable. Our very own boxing class, teaching the fundamentals of boxing whilst getting a good ol sweat on. Monday nights at SQB. **Also bring your own gloves gang!**

SHRED  
RUNNING  
CLUB



SRC is designed to suit a variety of abilities when it comes to running. Be it if you're looking to build up to a 5k or a marathon. Our highly experienced running coach Pete will show you the way!

## HYROX | SHRED

Friday mornings **showcase our Hyrox-style training** which replicate exercises that are used in the Fitness Racing Series. Here you'll learn everything about pacing and building a solid aerobic base.

THE  
SHREDQUARTERS  
BRIGHTON

# ADDITIONAL CLASSES

Detailed below are the additional classes available at SQB, but not included with our membership. However these classes can be purchased at an additional cost through drop ins or 7 week courses.

Get in touch with us for further information if this is a bit of you.

## mama time

Join Brighton and Hove's pre and post-natal fitness specialists in strength training, pilates and yoga to support your postnatal recovery. Limited spots available.

## hayley blundy DANCE

**Beginner Dance class at SQB for all abilities.**

Get involved on Thursday nights with the highly experienced and energetic dance instructor Hayley. £8 drop ins available.

# CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SHRED 06:15	SQ LIFT 06:15	SHRED 06:15	SQ LIFT 06:15	SHRED HYROX 06:15	BSC 08:15	SHRED 09:00
SHRED 07:15	SQ LIFT 07:15	SHRED 07:15	SQ LIFT 07:15	SHRED HYROX 07:15	BSC 09:15	
OPEN GYM 08-10:00	OPEN GYM 08-10:00	OPEN GYM 08-10:00	OPEN GYM 08-10:00	OPEN GYM 08-10:00	OPEN GYM 10-12PM	
SHRED 10:00	MAMA TIME 10:30	SHRED 10:00	SQ LIFT TECHNIQUE 10:00	SHRED HYROX 10:00		
OPEN GYM 11-13:00	BSC 12:30	OPEN GYM 11-13:00	MAMA TIME 12:15	MAMA TIME 11:15		
SHRED 17:00	SQ LIFT 17:00	BSC 17:00	SHRED 17:00	BURN 17:00		
SHRED 18:00	SQ LIFT 18:00	BSC 18:30	SHRED 18:00	BURN 18:00		
RUMBLE 19:00	SQ LIFT 19:00	SRC 18:30	SHRED 19:00			
		YOGA 19:30	HAYLEY DANCE 20:15			

Please note : Timetable is subject to potential change every 8-10 weeks due to demand. We will always welcome member feedback on our classes. Only members on our Unlimited & Deluxe membership have access to open gym times.