

Community Fitness Programme

		Location	Instructor
Monday			
10.00 - 11.00	Power Vinyassa Yoga (£5) * (starts 14th)	MAS	Elif
12.00-2.00	Open Gym	GYM	Adam
12.00-1.00	Pregnancy Yoga (£12) *	MAS	Junko
1.00-1.45	Aerobics	MAS	Melissa
5.00-8.00	Open Gym	GYM	Adam
5.15-6.00	Pilates/Supple Strength	MAS	Dannii
6.00-7.00	Hatha Yoga (£5) *	MAS	Patricia
Tuesday			
10.00-12.00	Women's Only Gym (Creche)	GYM	Selwa
10.00-10.45	50+ Supple Strength	MAS	Dannii
12.00-2.00	Open Gym	GYM	Taki
12.15-1.00	Core Stability	MAS	Yolanta
1.00-1.45	Cardio Kick	MAS	Yolanta
4.15-5.00	Women's Only Aerobics	BAS	Dannii
5.00-8.00	Open Gym	GYM	Simeon
6.15-7.00	Circuits	MAS	Yvonne
6.00-7.30	Kundalini Yoga (£8) *	BAS	Debora
7.00-8.00	Pregnancy Yoga (£12) *	MAS	Junko
Wednesday			
10.45-12.00	Baby Yoga (£12) *	MAS	Junko
12.00-2.00	Open Gym	GYM	Obe
12.30-1.15	Legs, Bums & Tums	MAS	Dannii
1.15-2.00	Aerobics	MAS	Dannii
5.00-8.00	Open Gym	GYM	Simeon
5.30-6.30	Hatha Yoga	MAS	Patricia
Thursday			
8.15-8.45	Abs and Back	MAS	Dannii
10.45-12.15	50+ Dance	MAS	Maria
9.30-10.30	Women's Only Gym (Creche)	MAS	Dannii
12.00-2.00	Open Gym	GYM	Effie
12.30-1.15	Circuit Training	MAS	Dannii
1.30-2.15	Salsa Aerobics	MAS	Olga
4.30-5.30	NIA (£7) *	BAS	Debora
5.00-8.00	Open Gym	GYM	Hassan
6.30-7.30	Iyengar Yoga	MAS	Andrea
Friday			
12.00-2.00	Open Gym	GYM	Taki
12.30-1.15	Legs, Bums & Tums	MAS	Bonnie
5.00-7.00	Open Gym	GYM	Richard
6.00-7.00	Kundalini Yoga (£7) *	MAS	Debora
Saturday			
9.00-11.00	Women's Only Gym	GYM	Fathia
11.00-1.00	Open Gym	GYM	Nick
11.15-12.15	Body Conditioning	MAS	Melissa
Sunday			
3.00-5.00	Women's Only Gym	GYM	Hafsa

After School Programme

		Location	Instructor
Tuesday			
4.15-5.00	Thai Boxing Beginners 7-11yrs (£3)	MAS	Dave/Kamal
Wednesday			
4.00-6.00	KX Screen - Cinema Night (£1)	BAS	Kamal/Daniel
Thursday			
4.30- 5.30	Street Dance 7-11 yrs (£1.50)	MAS	Aleksandra
Friday			
4.00-5.00	Table Tennis (£1)	BAS	Sanket/Kamal
Youth Programme (£1 per person or £1.50 for 2)			
Wednesday			
7.00-9.00	Youth Night (15-19 yrs)	BAS	Kamal/Dan
Thursday			
6.00-8.00	Table Tennis (11-15 yrs)	BAS	Sanket/Kamal
Friday			
5.00-7.00	Girls Group (11-15 yrs)	BAS	Annisha/Asma

Next Holiday Scheme:

Bookings now being taken
£25 per person
£40 for 2 family members
£50 for 3 family members

26th - 30th July
2nd - 6th August
9th - 13th August
16th - 20th August
23rd - 27th August

Gym Prices

Gym Session
7 Day Gym Pass

£2.50 per session (£2.00 concession)
£7.50 (£6.00 concession)
 (Valid for 7 gym sessions over a 12 day period)

Class Prices

Studio Class
7 Day Class Pass

£3.00 per session (£2.50 concession)
£9.00 (£7.50 concession)
 (Valid for 7 classes over a 12 day period, excluding external bookings and Yoga classes)

Yoga Classes

£5.00 (£2.50 concession)
 (£2.50 with a 7 day class pass or combo pass)

Combo Prices

7 Day Combo Pass

£10.50 (£9.00 concession)
 (Valid for 7 gym/class sessions over a 12 day period)

Tuesday Mum and Child Pass

£5.00
 (access to Women's Aerobics and Thai Boxing, term time only)

Gym opening times

Monday - Thursday 8.15am-8pm
 Friday 8.15am-7pm
 Saturday - Sunday 8.45am-6pm

Please speak to reception for more details on 020 7520 3070 or email info@onekx.org.uk alternatively visit www.onekx.org.uk

Class Key

Abs and Back - A 30 minute workout focusing on exercises to strengthen the abdominals, obliques and back

Adult Table Tennis - A chance for adults to have a fun game amongst themselves

Aerobics - A high and low intensity workout to music to improve fitness levels. and promote fat burn

Body Conditioning - A mixture of sculpt, step and circuit training to strengthen and tone muscles

Cardio Kick - A high intensity but simply choreographed aerobics class based on a fusion of martial arts and kick boxing

Circuit Training - A whole body workout combining cardiovascular and resistance training

Legs, Bums & Tums - A class that works on conditioning gluteal muscles, thighs and abdominals

NIA - Is a mixture of dance and martial arts. It is self expression through music

Pilates - Helps develop strength, flexibility, endurance and posture without building bulk or stressing joints

Salsa Aerobics - Salsa inspired aerobic dance exercise designed to improve fitness levels

Supple Strength - A class that combines yoga, Pilates and stretching to improve flexibility and postural strength

Yoga - A controlled movement class aiding relaxation and stress management with flexibility benefits

- Baby - Yoga for mothers and their baby/babies
- Hatha - Holding physical postures and poses, using breathing techniques
- Kundalini - Mainly a meditational discipline
- Iyengar - Intermediate level Yoga, although beginners are welcome
- Pregnancy - A low intensity Yoga class aimed specifically at pregnant women

50+ Dance - Creative contemporary dance working with an international choreographer

Gym Key

Open Gym - Time in which the Gym is open to all members.

Womens Only Gym - Female only use of the Gym.

After School/Youth Key

Girls Group - (11-15 yrs) - Fun activities for girls.

KX Screen- Movies for the whole family-cinema style! Popcorn and drinks available.

Street Dance - A mixture of hip hop and urban dance moves taught and self created.

Table Tennis - (11-15 yrs + 7-11 yrs)- Table tennis for kids, taught by a trained professional.

Thai Boxing - Learn to kick and strike in a safe environment. It also improves fitness.

Youth session (15-19 yrs)- C.V writing and job support as well as the usual. Nintendo Wii, table tennis and pool.

KEY

GYM - Second Floor
MAS - Multi Activity Suite
BAS - Basement

* External Hire Out. Payment made direct to the Instructor.
Concessions may be available