

Class timetable

Q1 2022

Monday		Tuesday		Wednesday		Thursday		Friday	
11:15	HIIT	07:30	Cycle	07:30	Body Conditioning	07:45	X-Fit	12:00	Circuits
11:45	30mins Leon	08:15	45mins Lukas	08:15	45mins Winston	08:30	45mins Lukas	12:45	45mins Team
12:00	Body Conditioning*	12:00	Fitness Pilates	11:00	Pilates	12:00	Boxing	13:00	Yoga*
12:45	45mins Mahsa	12:45	45mins Gina	11:45	45mins Kevin	12:45	45mins Mark	14:00	60mins Audra
12:15	Cycle	12:15	Cycle	12:00	Body Pump *	12:15	Cycle*		
13:00	45mins Cat	13:00	45mins Leon	12:45	45mins Leon	13:00	45mins Sarah		
17:20	Yoga	13:00	HIIT*	12:15	Cycle Drills	17:30	Body Pump		
18:20	60mins Ian	13:30	30mins Mark	13:00	45mins Virginia	18:15	45mins Taisi		
18:30	Cycle	17:30	Body Pump	13:00	Extreme Circuits				
19:15	45mins Leah	18:15	45mins Sid	13:45	45mins Charlie				
		18:30	Kick Boxing	18:30	Yoga				
		19:15	45mins Gabor	19:30	60mins Trevor				

- Mind and Body
- Strengthening
- Conditioning
- Cycle

* Class also available to Live Stream

If you are pregnant or have any illnesses or injuries please seek advice from your GP/midwife before joining a studio class and inform the instructor before the class begins.

Conditioning

Body Conditioning

This class is designed to hit all the areas of the body in one! Targeting each area of the body using a variety of weights and cardio, this class will find muscles you didn't know you had.

HIIT (High Intensity Interval Training)

Utilising short interval periods to improve your athletic capacity and burn fat.

Boxing/ Kickboxing

Jab, hook and upper cut your way through this high intensity workout. Using pad work and fitness drills this interactive class is designed to get you fit and let off steam.

Mind and Body

Fitness Pilates

Take your Pilates, fitness and core strength, to the next level with this dynamic and challenging version of the classic Pilates repertoire. Class is not recommended for injury rehab or pregnant clients.

Yoga

A fluid practice focusing on moving with the breath between each posture. You will improve flexibility and balance as well as improving all over strength.

Pilates

A conditioning and toning system targeting deep muscles supporting the spine and major joints. Pilates improves posture, balance and builds core strength.

Strengthening

Body Pump

The original structured weighted workout, with the motivation of music and easily adjustable weights. This is a challenging and effective workout for all the major muscle groups

X-Fit

A cross-fit inspired class consisting of functional exercises to improve the movement patterns in your everyday life.

Extreme Circuits

A high intensity, fast paced interval circuit, designed to push you to your limits and dramatically improve your strength and endurance.

Cycle Studio

Cycle Drills

A tough 45 minute incorporating cycle specific techniques to improve your speed.

Cycle

An effective, motivating, cardiovascular workout on our indoor bikes that involves no routines or need for co-ordination.

Virtual Cycle

Available on-demand, this is a virtual class with a voice over instructor to guide you through your workout. Please speak to a member of staff for assistance.

Live Stream Classes

Some of our classes are available to live stream over Zoom. Please check when making your booking that you have chosen the 'online' version of the class and you will be sent an access link by 11am on the day of your class.

Please log in at least 5mins prior to the class start time so the instructor can check the connection and sound with you.

Timetable subject to change. Maximum participation for studio classes is 10. Once a class begins any remaining spaces will be given to those on the waiting list. No entry is permitted after 5 minutes.

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