

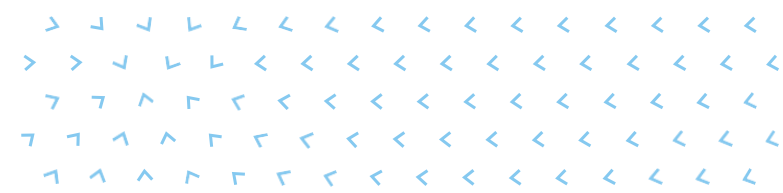


4th SEPTEMBER – 20th DECEMBER 2023

Monday		Tuesday		Wednesday		Thursday		Friday	
07:00 07:45	Cycle 45mins Virtual	07:30 08:15	Cycle 45mins Lukas	07:00 07:45	Cycle 45mins Virtual	07:00 07:30	Express Cycle 30mins Virtual	07:15 07:45	Express Cycle 30mins Virtual
12:00 12:45	Body Sculpt 45mins Winston	11:00 11:45	Fitness Pilates 45mins Gina	07:30 08:15	Body Conditioning 45mins Winston	07:45 08:30	X-Fit 45mins Lukas	12:00 12:45	Power Up 45mins Team
12:15 13:00	Cycle 45mins Michelle	12:00 12:45	Legs, Glutes & Abs 45mins Manpreet	11:00 11:45	Pilates 45mins Kevin	11:00 11:45	Stretch & Flow 45mins Leon	12:15 13:00	Cycle 45mins Virtual
12:30 13:15	Synergy Circuit & Abs 45mins Manpreet	12:15 13:00	Cycle 45mins Leon	12:00 12:45	Body Pump 45mins Leon	12:00 12:45	Boxing 45mins Mark	13:00 14:00	Yoga 60mins Kate
13:00 13:30	Bootcamp 30mins Cedric	12:45 13:00	Express Abs 15mins Cedric	17:30 18:00	HIIT 30mins Manpreet	12:15 13:00	Cycle 45mins Instructor		
18:00 18:45	Strength & Conditioning 45mins Cedric	13:00 13:30	HIIT 30mins Mark	18:30 19:30	Yoga 60mins Trevor	12:45 13:15	Synergy Circuit 30mins Cedric		
18:15 19:00	Cycle 45mins Michelle	17:30 18:15	Body Pump 45mins Sid			17:30 18:15	Strength & Conditioning 45mins Cedric		
		18:00 18:45	Cycle 45mins Virtual			18:00 18:45	Cycle 45mins Virtual		

Mind and body
 Strengthening
 Conditioning
 Cycle
 Gym floor

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/Body Sculpt

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

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.

Bootcamp

A fitness bootcamp is a type of group physical training program conducted by gyms, personal trainers and former military personnel. These programs are designed to build strength and fitness through a variety of intense group intervals over 30 minutes period of time.

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.

Stretch & Flow

This is a yoga inspired class to help develop core strength and mobility.

Gym Floor

Express Abs

A tough 15 minute session to target your core.

Synergy

A circuit based workout using a combination of resistance equipment on the gym floor. Challenging and effective, you'll target all the major muscle groups.

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.

Strength & Conditioning

Upper and lower body strength exercises combined with a cardio bodyweight workout.

LBT

Shape up by targeting your glute muscles, thighs and abdominals in this conditioning workout. Isolating each body part helps to develop tone, definition and the figure of your body.

Power Circuit

Power Up workout is intended to enhance physical performance, promote cardiovascular fitness and increase athletic performance.

Cycle Studio

Cycle Drills

A tough 45 minute session 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.