



JULY – SEPTEMBER 2024

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
11:00 11:45	Yogalates 45mins Maya	11:00 11:45	Fitness Pilates 45mins Gina	07:30 08:15	Body Sculpt 45mins Winston	07:45 08:30	X-Fit 45mins Lukas	12:00 12:45	Hybrid Circuits 45mins Team
12:00 12:45	Body Sculpt 45mins Winston	12:00 12:45	Core & More 45mins Paul	11:00 11:45	Pilates 45mins Kevin	11:00 11:45	Body Balance 45mins Leon	12:15 13:00	Cycle 45mins Virtual
12:15 13:00	Cycle 45mins Paul	12:00 12:45	Cycle 45mins Leon	12:00 12:45	Body Pump 45mins Leon	12:00 12:45	Boxing 45mins Mark	12:45 13:00	Express Abs 15mins Team
12:30 13:00	Synergy Circuit 30mins Sami	13:00 13:30	HIIT 30mins Mark	12:15 12:45	Skill Mill 30mins Sami	12:15 13:00	Cycle 45mins James	13:00 14:00	Yoga 60mins Kate
13:00 13:45	Functional Pump 45mins Paul	17:30 18:15	Body Pump 45mins Sid	12:30 13:00	Express Cycle 30 mins Virtual	12:30 13:00	Synergy Circuit 30mins Manny		
17:30 18:15	Extreme Circuits 45mins Manny	18:00 18:45	Cycle 45mins Virtual	13:00 13:30	Synergy Circuit 30mins James	17:30 18:15	Tai Chi 45mins Manny		
		18:15 18:30	Express Abs 15mins Leon	18:00 19:00	Yoga 60mins Alan	18:00 18:45	Cycle 45mins Virtual		

	Mind and body		Strengthening		Conditioning		Cycle		Gym floor
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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.

Extreme Circuits

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

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.

Body Balance/Yogalates

This yoga and pilates inspired class helps develop core strength and mobility.

Tai Chi

A practice involving a series of slow gentle movements creating a meditative state of mind and controlled breathing.

Gym Floor

Express Abs

A tough 15 minute session to target your core.

Synergy Circuit

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.

SkillMill

Skill mill is all about building power, speed, and stamina. It is all about achieving athletic potential in a fast-paced, high-octane sequence. You will feel the pressure building.

Hybrid Circuits

Inspired by the "HYROX" sport of fitness racing. This class combines intervals of running & functional workout stations, designed to improve strength and cardiovascular fitness.

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.

Functional pump

Higher intensity workout intended on getting your heart rate up & improving your overall conditioning. It will help you maximize what your body is capable of.

Core & More

Core training is the foundation of all human movement. This class will improve functional strength for the daily activities while using exercises that will tighten, tone, and focus on the core while assisting in injury prevention.

Cycle Studio

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.