

Class timetable

5th September – 23rd December

Monday		Tuesday		Wednesday		Thursday		Friday	
07:00	Cycle	07:30	Cycle	07:00	Cycle	07:00	Express Cycle	07:15	Express Cycle
07:45	45mins Virtual	08:15	45mins Lukas	07:45	45mins Virtual	07:30	30mins Virtual	07:45	30mins Virtual
07:30	Kettlebells	08:00	Skill Mill	07:30	Body Conditioning	07:45	X - Fit	12:00	Circuits
08:15	45mins Virginia	08:30	30mins Andrea	08:15	45mins Winston	08:30	45mins Lukas	12:45	45mins Team
12:00	Circuits	12:00	Fitness Pilates	11:00	Pilates	11:00	Stretch & Flow*	12:15	Cycle
12:45	45mins Andrea	12:45	45mins Gina	11:45	45mins Kevin	11:45	45mins Leon	13:00	45mins Virtual
12:15	Cycle	12:15	Cycle *	12:00	Bodypump *	12:00	Boxing	12:45	Express Abs
13:00	45mins Winston	13:00	45mins Leon	12:45	45mins Leon	12:45	45mins Mark	13:00	15mins Team
12:45	Express Abs	13:00	HIIT	12:15	Cycle Drills	12:15	Cycle	13:00	Yoga *
13:00	15mins Leon	13:30	30mins Mark	13:00	45mins Virginia	13:00	45mins Winston	14:00	60mins Audra
18:00	Strength & Conditioning	17:30	Bodypump	13:00	Extreme Circuit	12:45	Synergy Circuit		
18:45	45mins Marco	18:15	45mins Sid	13:45	45mins Marco	13:15	30mins Charlie		
18:30	Cycle	18:00	Cycle	13:00	Express Abs	17:30	Strength Conditioning		
19:15	45mins Leah	18:45	45mins Virtual	13:15	15mins Charlie	18:15	45mins Andrea		
				17:30	HIIT Cardio	18:00	Cycle		
				18:00	30mins Leon	18:45	45mins Virtual		
				18:30	Yoga				
				19:30	60mins Trevor				

- Mind and Body
- Strengthening
- Conditioning
- Cycle
- Gym Floor

* 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

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.

HIIT Cardio

Takes cutting edge HIIT and combines it with powerful music. The workout blasts all muscle groups, increases explosiveness and builds a lean and athletic body.

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.

Stretch & Flow

This class is 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.

Skill Mill Circuits

A 30 minute high intensity form of interval training using the Skill Mill treadmills along with functional exercises to increase your fat burning potential and increase your metabolic rate.

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.

Circuits

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

Kettlebells

A functional training Kettlebells to work the whole body, developing mobility, strength and aerobic fitness

Strength & Conditioning

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

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 18. Once a class begins any remaining spaces will be given to those on the waiting list.

No entry is permitted after 5 minutes.

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