



Monday		Tuesday		Wednesday		Thursday		Friday	
07:45 08:30	Bodypump 45mins Elizabeth	07:30 08:15	Cycle 45mins Lukas	07:30 08:15	Body Sculpt 45mins Winston	07:45 08:30	X-Fit 45mins Lukas	12:00 12:45	Hybrid Circuits 45mins Team
08:00 08:30	Kettlebells 30mins Virginia	11:00 11:45	Power Pilates 45mins Jo	11:00 11:45	Pilates 45mins Kevin	11:00 11:45	Bodybalance 45mins Leon	13:00 14:00	Yoga 60mins Ian
11:00 11:45	Yogalates 45mins Maya	12:00 12:45	Core & More 45mins Paul	12:00 12:45	Bodypump 45mins Elizabeth	12:00 12:45	Strength & Conditioning 45mins Manny		
12:00 12:45	Body Sculpt 45mins Winston	12:15 13:00	Run Club 45mins James	12:15 12:45	Skill Mill 30mins Sami	12:15 13:00	Cycle 45mins James		
12:15 13:00	Cycle 45mins Paul	13:00 13:30	HIIT 30mins Mark	12:30 13:00	Synergy Circuit 30mins Tai	13:00 13:45	Boxing 45mins Mark		
12:30 13:00	Synergy Circuit 30mins Sami	17:30 18.15	Bodypump 45mins Sid	13:00 13:30	Performance Stretch & Mobilise 30mins Paul	17:15 18.00	Stretch 45mins Jo		
13:00 13.45	Functional Pump 45mins Paul			17:30 18:30	Yoga 60mins Alan	17:30 18.15	Hybrid Circuits 45mins Tai		
17:30 18:15	Extreme Circuits 45mins Tai								

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 uppercut 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.

Run Club

All levels welcome as you take on the elements and the Canary Wharf terrain in this 45-minute varied run. Please contact james.kelsey@citi.com for further information.

Performance Stretch & Mobilise

Enhance flexibility and improve overall joint mobility to promote long-term movement health and improve athletic performance.

Mind and Body

Power 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.

Bodybalance/Yogalates

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

Stretch

This class focuses on enhancing flexibility, releasing muscular tension, and improving overall joint mobility. Ideal for restoring balance, supporting recovery, and promoting long-term movement health.

Gym Floor

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.

Skill Mill

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.

Kettlebells

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

Strengthening

Bodypump

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.

Strength & Conditioning

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

Cycle Studio

Cycle

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