

WEEKLY FITNESS TIMETABLE

MONDAY

Studio 1

11:00 (45mins)
Yogalates – Maya

Studio 2

07:45 (45mins)
Bodypump – Elizabeth
12:00 (45mins)
Body Sculpt – Winston
13:00 (45mins)
Functional Pump – Paul
17:30 (45mins)
Extreme Circuits – Tai

Cycle Studio

12:15 (45mins)
Cycle – Paul

Gym Floor

08:00 (30mins)
Kettlebells – Virginia
12:30 (30mins)
Metcon – Sami

TUESDAY

Studio 1

11:00 (45mins)
Power Pilates – Jo

Studio 2

12:00 (45mins)
Core & More – Paul
13:00 (30mins)
HIIT – Mark
17:30 (45mins)
Bodypump – Sid

Cycle Studio

07:30 (45mins)
Cycle – Lukas

Run Club

12:15 (45mins)
Run – James

WEDNESDAY

Studio 1

11:00 (45mins)
Pilates – Kevin
17:30 (30min)
Yoga – Alan

Studio 2

07:30 (45mins)
Body Sculpt – Winston
12:00 (45mins)
Bodypump – Elizabeth
13:00 (30mins)
Stretch & Mobilise – Paul

Gym Floor

12:00 (45mins)
Hybrid Engine – James

THURSDAY

Studio 1

11:00 (45mins)
Body Balance – Leon
17:15 (45mins)
Stretch – Jo

Studio 2

07:45 (45mins)
X-Fit – Lukas
12:00 (45mins)
Stretch & Conditioning – Tai
13:00 (45mins)
Boxing – Leon

Cycle Studio

12:15 (45mins)
Cycle – James

Gym Floor

12:00 (45mins)
Hybrid Power – Kaili

FRIDAY

Studio 1

13:00 (60mins)
Yoga – Ian

Gym Floor

12:00 (45mins)
Hybrid Circuits – Team

WEEKLY FITNESS TIMETABLE

Yogalates/Bodybalance

This Yoga and Pilates inspired class helps develop core strength and mobility.

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.

Stretch/ Stretch & Mobilise

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.

Legs, Glutes, Abs

Focusing on some of the largest muscles in the body to create a high calorie burn and sculpt the lower body.

Extreme Circuits

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

HIIT

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

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.

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.

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.

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.

Strength & Conditioning

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

Metcon

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.

WOD

Workout of the Day. Be prepared to dig deep in this CrossFit-inspired workout. Expect "EMOMs" and "AMRAPs" as standard, combining high intensity training and strength work.

Hybrid Engine/Power/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.

Cycle

An energising, motivating, cardio workout on our indoor bikes. Climb, sprint, and push along to the music.

Run Club

All levels welcome as you take on the elements and the Canary Wharf terrain in this 45-minute varied run.

REFORMER PILATES STUDIO (45-minute class)

MONDAY

Foundation

07:00 Gianni

Signature

07:55 Gianni

Foundation

11:10 Jo

Signature

12:05 Tanvi

Foundation

17:30 Jo

TUESDAY

Signature

07:00 Gianni

Foundation

07:55 Gianni

Signature

11:10 Polina

Foundation

12:05 Polina

Signature

17:30 Jo

WEDNESDAY

Foundation

07:55 Joe

Signature

12:05 Manu

Foundation

17:15 Joe

THURSDAY

Signature

07:55 Filiz

Foundation

12:05 Polina

Signature

17:30 Filiz

FRIDAY

Foundation

12:05 Tanvi

* All participants are required to wear grippy socks for class. No entry permitted once the class is in progress

REFORMER PILATES STUDIO

Foundation Class

Start your Reformer Pilates journey by mastering the fundamentals in our 45-minute Foundation classes. Build strength, improve flexibility, and develop confidence in your technique.

Signature Class

Building on the principles introduced in our Foundation sessions, our Signature classes build on the principles you have already mastered, refining your technique and creating a deeper connection with your body and movements.