

Monday		Tuesday		Wednesday		Thursday		Friday	
07.00 07.45	HIIT Studio 1	12.00 12.45	Bike On The Beat Nel, Studio 2	12.00 12.45	Spinning Studio 2	12.00 12.45	Spinning Studio 2	08.00 08.40	Express Circuit Training Fitness Team
07.45 08.00	Total Core Fitness Team, Gym Floor	12.15 12.45	Synrgy 360 Fitness Team, Gym Floor	12.15 12.45	HIIT Fitness Team, Studio 1	12.15 13.00	HIIT Fitness Team, Studio 1	12.15 12.45	Synrgy 360 Fitness Team, Gym Floor
12.00 12.45	Yoga Marco, Studio 1	12.45 13.00	Total Core Fitness Team, Gym Floor	12.45 13.00	Total Core Fitness Team, Gym Floor	12.45 13.00	Total Core Fitness Team, Gym Floor	12.45 13.00	Total Core Fitness Team, Gym Floor
12.00 12.45	Spinning Nel, Studio 2	13.00 13.45	Insanity Matt, Studio 1	14.45 15.30	Yoga Studio 1	14.45 15.30	Yoga Studio 1		
12.15 12.45	HIIT Fitness Team, Gym Floor	14.45 15.30	Yoga Studio 1	15.00 15.30	Synrgy 360 Fitness Team, Gym Floor	15.00 15.30	Synrgy 360 Fitness Team, Gym Floor		
12.45 13.00	Total Core Fitness Team, Gym Floor	15.00 15.30	Synrgy 360 Fitness Team, Gym Floor						
14.45 15.30	Spinning Studio 2								
15.15 16.00	Yoga Veronique, Studio 1								
16.10 16.40	Grit Dom, Studio 1								

Opening and Closing times:

21 st & 22 nd Dec	7am-7pm
23 rd Dec	7am-2pm
26 th & 27 th Dec	CLOSED
28 th & 29 th Dec	7am-7pm
30 th Dec	7am-2pm
2 nd January	CLOSED

KEY

SPIN

CONDITION

EXPRESS

MIND & BODY

STRENGTHEN

Strengthening Classes

Slide & Sculpt - Is designed to improve definition and muscular endurance using the gliders and a variety of other equipment to get your body toned up in no time.

CXWORX™ - Consisting of a variety of exercises that both isolate and integrate muscles in and around your abs, back and butt. CXWORX really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

Body Pump – The world's first class to combine high repetition weight training with aerobic conditioning. Designed to tone and condition your body, it can also help lose those extra pounds and ultimately change your body shape.

Core Strength and Stretch – A class aimed at not only developing core strength with exercises such as the plank but also designed to increase flexibility of all the major muscles groups.

Xtreme Core - A core class packed with inspiring core exercises designed to improve athletic performance, improve posture and help alleviate back pain. Expect a lot of single leg exercises, some use of the Swiss balls and BOSUs to help train your body on how to correctly align itself as it should do.

Swiss Ball Workout/ Swiss CORE Blast – A fun workout using Swiss Balls to develop strength, stability and improve posture.

Athletic Enhancement – A challenging workout designed to improve athletic performance and technique using skill and agility based exercises.

LES MILLS GRIT™ Plyo – Is a 30-minute high-intensity interval training (HIIT) plyometric-based workout, designed to make you perform like an athlete. This workout uses a bench and combines explosive jumping exercises with agility training to increase explosiveness and to build a lean and athletic body. LES MILLS GRIT Plyo takes cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you motivating you to go harder to get fit, fast.

LES MILLS GRIT™ Strength – is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups. LES MILLS GRIT Strength takes cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

LES MILLS GRIT™ Cardio – is a 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increase speed and maximize calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast. LES MILLS GRIT Cardio takes HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

Insanity – Insanity is a fitness programme that has taken America by storm, helping participants transform their bodies in less than 3 months. This routine is not for the faint hearted but if you yearn for a fun and challenging workout then this is the training programme for you. Expect burpees, high knees and press ups performed at a high intensity to energetic music.

Upper Body Bosu – Work on your endurance, power, balance & agility using the BOSU ball.

Ripped 24/7 – Get ready to work all parts of your body; with a combination of a high energy, high impact session using aerobics movements and toning muscles at the same time. You'll probably kick off with some aerobics style cardio routines to suitably energizing music, then move on to some more focused resistance work. This could involve floor mats and hand weights and possibly body bars and exercise balls too. There's plenty going on, but our trained instructors will make sure you're always exercising safely and effectively and also make sure that you get what you want out of the session.

HIIT (High Intensity Interval Training) Alternating periods of short intense anaerobic exercises with less-intense recovery periods. These short intense workouts provide improved aerobic capacity, conditioning, improved glucose metabolism and fat burning.

P90X – This popular total-body strength and cardio-conditioning class is challenge all levels, from beginner to advanced, so you get an incredible workout, no matter where you're starting from. Each workout brings a new challenge, so instead of hitting plateaus, you keep getting fitter with each class you attend!

Hip Hop Fitness – this class takes standard hi/lo aerobics moves and gives them a bit of an upbeat urban flavour. Set to the latest hip-hop music, this class will give you a work-out and a bit of a dance lesson too. All experience levels are welcome and encouraged to attend. No previous dance training is required.

Express Classes

Pure Stretch - This total body stretch class will go through a combination of stretches which will leave you feeling relaxed and renewed from head to toe. This class is designed to improve full body flexibility and is suitable for all levels of fitness, great for relaxing, stretching and lengthening tight muscles that can often lead to injury.

Total Core - Reshape your waistline using stabilization and postural variations. This class focuses entirely on the torso (deep abdominal muscles, waist and lower back). Find your core muscles, and discover how to work towards a balanced body, improve posture and shape.

ViPR Workout - is the first weight trainer to work out entire groups of muscles at once, rather than each one in isolation which can be tedious and cause injuries. The benefits: First, your body will function properly since you will be less likely to over-train or under-train certain muscle groups and create imbalances in the body. Second, working multiple muscle groups at once means higher calorie burn and faster, more efficient sessions.

Spinning Classes

Spinning – A cardiovascular workout conducted on stationary bikes in a studio environment.

Race Day – Our fitness instructor Paul Tappin will take your for a real race on the bike for 45 minutes! Challenge your limits.

Interval Cycle Training – A cycling class designed to focus on more advanced riding techniques taking your fitness to the next level and working your heart rate to the maximum.

Bike On The Beat – It's a indoor cycle using music with strong beats to create an incredible energy while you burn calories and get fitter.

Indoor Cycle – Indoor cycle will teach you the principles of effective studio cycling. Class content may either use the principles of interval training and/or endurance training.

Speciality Classes

Swimfit – Work through the 30 progressive session cards to achieve your goal, whether it is to improve your fitness or tone up. Swimfit Gym is a high impact, high calorie-burning, circuit style exercise programme for the pool. Swimfit Gym is an exciting new addition to the Swimfit Activate+ programme. It gives current and new swimmers a great opportunity to take part in a varied and motivating workout programme, which takes the basic elements of a gym-style exercise class and adds the resistance of water. Simple!

Conditioning Classes

XFit – A Cross fit inspired class consisting of strength and conditioning exercises. It concentrates on varied functional movements performed at high intensity to achieve an all-round workout. Expect to burn calories, improve your body tone and feel energised.

Bosu Conditioning – A total body conditioning class using the BOSU to improve strength and athletic performance.

Step and Condition – A class using steps to develop cardiovascular fitness and endurance, combined with body conditioning exercises to strengthen and tone.

Body Combat - A challenging mix of martial arts and endurance, unleashing strength you never knew you had. It is a fun, empowering cardio whilst relieving stress. This energetic class is strongly influenced by martial arts such as Karate, Boxing, Taekwondo, Tai Chi and Muay Thai. You will punch, kick and kata your way through calories to a leaner, healthier, fitter body.

Tabata Boxing – A form high intensity interval training involving periods short intense anaerobic exercises followed by less intense recovery periods all incorporated with boxing drills. In this class you will improve your boxing technique whilst benefiting from improved athletic capacity and conditioning, improved glucose metabolism, and improved fat burning.

Dancercise – an aerobics class to move, tone your body and burn calories while you have fun!

Sweaty Friday – A total body workout combining cardiovascular exercises and resistance exercises with the aim of burning body fat using interval or freestyle format.

SYNRGY360 – The SYNRGY360 'playground' gives our members the latest, innovative equipment in the fitness market along with gym floor classes delivered by our Fitness Trainers. There are endless possibilities and options for you to try and enjoy on the SYNRGY360, whatever your ability. SYNRGY360 provides exercisers with a range of benefits to ensure that they come out of their workout feeling that they've really worked hard. The benefits include: an effective total body workout, all in one place. Take things at your own pace, whether you're an elite athlete, or a beginner. Use your body weight or a weight of your choice on all stations.

Kickboxing - An action-packed workout that combines a series of punching and kicking combinations, this class improves strength, muscle tone and endurance. This class is a combination of cardio, boxing and martial arts providing a total body workout which aims to improve aerobic fitness, speed, flexibility, coordination and balance. Come try one of the most popular fitness trends and kick, jab, cross, hook and uppercut your way to a fitter you!

Step & Shape Up/ Step & Condition - A class using steps to develop cardiovascular fitness and endurance, combined with body conditioning exercises to strengthen and tone.

Body Attack – High intensity interval workout with athletic moves and strength work.

Mind & Body Classes

Dynamic Hatha Yoga - Physically demanding classes using a combination of techniques ending with a period of relaxation and meditation. Through the use of Asanas (held positions) and Vinyasas (moving sequences) in combination with breathing techniques, strength and flexibility are developed simultaneously.

Power Yoga - An Ashtanga based yoga class with an influence of Bikram. A physically demanding class in which you will work up a sweat.

Yin Yoga - Meditative. Delicious. Soothing style of poses that are held for longer periods of time. Yin yoga poses apply moderate stress to the connective tissues - the tendons, fascia, and ligaments with the aim to help increase circulation in the joints and improve flexibility.

Body Balance™ – Based on Yoga, Tai Chi and Pilates workout that leaves you feeling long, strong, centred and calm. It's your personal time out from the stress and strains of daily life – a 45-minute group exercise-to-music class that enhances your physical and mental well-being.

Zumba Fitness® – Inspired by traditional cumbia, salsa, samba and merengue music with a little hip-hop thrown in, Zumba® is a combination of Latin rhythms and red-hot international dance steps. You'll learn to love working out through dance with this upbeat and exciting class! "Ditch the workout... join the party!!"

Total Barre – Is a dynamic ballet based class that focuses on strength, flexibility, and stamina and core stability, through a combination of Pilates, dance, cardio, and strength training. Powered by energizing, heart-pumping music that makes you need to move, this class uses choreographed movement patterns with the support of a ballet barre to take you through a flow of high-powered sequences that will keep you energized and motivated.

Pilates Conditioning - A core class with weights and equipment to include a full body workout. Just as the name suggests this class incorporates the core firming dynamics of Pilates with the stretching and strengthening postures and spiritual aspects of yoga for the complete mind and body workout. In Pilates conditioning we use equipment and weights to push the body and mind a bit further. This class has a core focus with added conditioning.

Stretch Flow - A vinyasa yoga style with a unique workshop feel that focuses each time on different specific topics (hips, shoulders, arm balances, etc), to keep you on your toes, challenge and reward you always!

Pilates - Pilates aims to increase the level of the exercise to include more muscle control and co-ordination. It is most suitable for those who have attended some Pilates classes previously.

PIYO - Low-impact bodyweight training - Sweat, stretch, and strengthen-all in one workout! This unique total-body conditioning workout inspired by the muscle-sculpting, core-firming benefits of Pilates and the strength and flexibility training of flowing yoga movements.