

Monday		Tuesday		Wednesday		Thursday		Friday	
07.00 07.40	XFit Tio, Studio 1	06.45 07.30	Train like a Pro Kristen, Studio 1	07.00 07.20	HIIT Fitness Team, Gym Floor	06.45 07.30	Spinning Marie, Studio 2	07.00 08.00	Body Attack™ Cordelia, Studio 1
07.45 08.00	Total Core Fitness Team, Gym Floor	07.00 07.45	Spinning Luciana, Studio 2	07.00 08.00	Body Pump™ Marie, Studio 1	07.00 07.20	HIIT Fitness Team, Gym Floor	07.30 07.45	Total Core Fitness Team, Gym Floor
11.20 12.05	Yoga Technique Marco, Studio 1	07.30 07.45	Total Core Fitness Team, Gym Floor	07.30 08.15	Yogalates Paula, Studio 2	07.30 07.45	Total Core Fitness Team, Gym Floor	12.00 12.45	Sweaty Friday Jurgita, Studio 1
12.00 12.45	Spinning Marie, Studio 2	07.40 08.25	Pilates Conditioning Jax, Studio 1	07.30 07.45	Total Core Fitness Team, Gym Floor	07.30 08.15	Dynamic Hatha Yoga Paula, Studio 1	12.00 12.45	Box Friday Jermaine, Studio 2
12.05 12.50	Dynamic Hatha Yoga Marco, Studio 1	12.00 12.45	Bosu Conditioning Paul, Studio 1	11.30 12.00	Body Shaping Aline, Ladies Studio NEW	12.00 12.45	Step & Conditioning Jurgita, Studio 1	12.00 12.45	Total Barre Karen, Ladies Studio
12.10 12.40	Insane Skillmill Fitness Team, Gym Floor	12.00 12.45	Bike on the Beat Nel, Studio 2	12.00 12.45	Body Pump™ Nel, Studio 1	12.00 12.45	Interval Cycle Training Paul, Studio 2	12.10 12.40	Synrgy360 Fitness Team, Gym Floor
12.15 13.00	Total Barre Karen, Ladies Studio	12.10 12.40	Synrgy360 Fitness Team, Gym Floor	12.00 12.45	Race Day Paul, Studio 2	12.10 12.40	Synrgy360 Fitness Team, Gym Floor	12.45 13.00	Total Core Fitness Team, Gym Floor
12.45 13.00	Total Core Fitness Team, Gym Floor	12.15 13.00	DanceFit Arleta, Ladies Studio NEW	12.10 12.40	Insane Skillmill Fitness Team, Gym Floor	12.15 13.00	Body Balance Jackee, Ladies Studio	13.00 13.30	Grit Cardio Dom, Studio 2 NEW
13.00 13.45	Body Pump™ Marie, Studio 1	12.45 13.30	Bosu Conditioning Paul, Studio 1	12.45 13.00	Total Core Fitness Team, Gym Floor	12.45 13.00	Total Core Fitness Team, Gym Floor	12.50 13.35	Dancercise Karen, Ladies Studio NEW
13.00 13.45	Core, Strength & Stretch Paul, Studio 2	12.45 13.00	Total Core Fitness Team, Gym Floor	13.00 13.30	Ripped 24/7 Gabor, Studio 2	13.00 13.45	Athletic Enhancement Paul, Studio 1	13.00 13.45	Dynamic Hatha Yoga Helen, Studio 1
13.30 14.00	Body Conditioning NEW Kirsten, Ladies Studio	13.00 13.45	Insanity Matt, Studio 2	13.00 13.45	Xtreme Core Paul, Studio 1	13.15 13.45	XFit NEW Tio, Studio 2	13.50 14.35	Spinning Marie, Studio 2
13.50 14.35	Upperbody Bosu Jurgita, Studio 1	13.05 13.35	CXWORX NEW Nel, Ladies Studio	13.40 14.20	Hip Hop Fitness NEW Daliany, Studio 2	13.15 14.00	Swiss Core Blast Jurgita, Ladies Studio	14.45 15.45	Body Pump™ Marie, Studio 1
14.45 15.30	Spinning Marie, Studio 2	13.50 14.20	Boxercise NEW Gabor, Studio 2	13.45 14.30	Swiss Ball Workout Paul, Studio 1	14.00 14.45	Pilates Sharon, Studio 1	15.00 15.30	TRX Workout NEW Fitness Team, Gym Floor
15.15 16.00	Power Yoga Veronique, Studio 1	14.45 15.30	Slide & Sculpt Jurgita, Studio 2	14.45 15.30	Body Combat™ Nel, Studio 1	14.45 15.30	Spinning Marie, Studio 2	15.40 16.00	Pure Stretch Fitness Team, Gym Floor
15.30 16.00	Insane Skillmill Fitness Team, Gym Floor	14.45 15.30	Stretch Flow Sharon, Studio 1	14.45 15.30	Yin Yoga Sharon, Studio 2	14.50 15.50	Body Pump™ Nel, Studio 1	16.30 17.15	Body Combat Nel, Studio 1
16.10 16.40	Grit Strength Dom, Studio 1	14.45 15.30	Ballet Fit Kate, Ladies Studio	15.00 15.30	Insane Skillmill Fitness Team	15.30 16.00	Synrgy360 Fitness Team, Gym Floor	18.30 19.00	Synrgy360 Fitness Team, Gym Floor
17.30 18.00	360 Mobility Iolanda, Studio 1	15.00 15.30	Synrgy360 Fitness Team, Gym Floor	15.30 16.00	TRX Workout NEW Fitness Team, Gym Floor	18.30 19.00	Synrgy360 Fitness Team, Gym Floor	17.15 17.40	CXWORX NEW Nel, Studio 1
18.15 19.00	Ultimate Kickboxing Shai, Studio 2	16.10 16.40	Grit Dom, Studio 1 NEW	17.30 18.15	Spinning Helen, Studio 2	19.05 19.20	Total Core Fitness Team, Gym Floor	19.05 19.20	Total Core Fitness Team, Gym Floor
18.20 19.20	Body Pump™ Viktoria, Studio 1	18.30 19.00	Synrgy360 Fitness Team, Gym Floor	18.15 19.00	Dynamic Hatha Yoga Paula, Studio 1				
18.30 19.00	Insane Skillmill Fitness Team, Gym Floor	18.30 19.15	Endurance Ride Paul, Studio 2	18.30 19.00	Insane Skillmill Fitness Team, Gym Floor				
19.05 19.20	Total Core Fitness Team, Gym Floor	18.15 19.00	Dynamic Hatha Yoga Angie, Studio 1	19.05 19.20	Total Core Fitness Team, Gym Floor				
		19.05 19.20	Total Core Fitness Team, Gym Floor						

PEAK membership
(5.30am-9pm)

OFF-Peak membership
(5.30am-11.30am / 2.30pm-5.30pm / 7pm-9pm)

KEY

SPIN	CONDITION	EXPRESS
MIND & BODY	STRENGTHEN	

Mind & Body Classes

Dynamic Hatha Yoga – Physically demanding classes using a combination of techniques ending with a period of relaxation and meditation.

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 – 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.

Yogalates – Develop your core strength and stabilization through Pilates poses, and improve your flexibility, muscular strength, posture and alignment through Yoga poses, breathing and relaxation.

Pilates Conditioning – This class has a core focus with added conditioning with weights and equipment to include a full body workout. In Pilates conditioning we use equipment and weights to push the body and mind a bit further.

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.

360 Mobility –It is an informative and practical class that will teach people mobilisations to improve joint range of motion in key movement patterns.

DanceFit/ Dancercise – it's an aerobics class to move, tone your body and burn calories while you have fun!

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.

Ballet Fit – This Ballet inspired workout uses the principles of classical dance to tone and sculpt your entire body! Includes elements of barre work, cardio, core and flexibility.

Hip Hop Fitness – This class format is a fresh fusion of hip hop and dance fitness choreography specifically designed to provide a fun cardiovascular workout that is fun!

Strengthening Classes

Slide & Sculpt - 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.

Body Pump - The world's first class to combine high repetition weight training with aerobic conditioning. Designed to tone and condition your body.

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, posture and help alleviate back pain.

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

Body Shaping – Get ready for a 30 minutes core and stability class. It will challenge your abdominal and back muscles, giving you full body strength.

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

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™ Cardio – 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increase speed and maximize calorie burn.

Insanity – Insanity is a fitness programme that has taken America by storm, helping participants transform their bodies.

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.

Express Classes

SYNRGY360 – The SYNRGY 360 'playground' gives our members the latest, innovative equipment in the fitness market along with gym floor classes delivered by our Fitness Trainers.

Insane Skillmill – Train like an athlete with technologym's Skillmill mixed with body weight workouts on the floor.

HIIT (High Intensity Interval Training) – Alternating periods of short intense anaerobic exercises with less-intense recovery periods.

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.

Total Core – Reshape your waistline using stabilization and postural variations. Find your core muscles, and discover how to work towards a balanced body, improve posture and shape.

TRX Workout – Challenge users with a fast-paced workout that combines TRX strength exercises with cardio drills. Timed sets will keep your heart rate pumping as you power through the reps at your own pace. The TRX Suspension Trainer workout system leverages gravity and your bodyweight to perform hundreds of exercises.

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 an indoor cycle using music with strong beats to create an incredible energy while you burn calories and get fitter.

Endurance Ride - Build stamina and train your body to recover quickly between efforts for events that demand repeated surges.

Conditioning Classes

Train like a Pro – If you are training to compete in hard core events as such as Tough Mudder, Iron Man, etc. This class will train you to become Elite! Get ready to become stronger, faster and prepared for the challenge!

XFit – A Cross fit inspired class consisting of strength and conditioning exercises. 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 – It is a fun, empowering cardio whilst relieving stress. You will punch, kick and kata your way through calories to a leaner, healthier, fitter body.

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

Ultimate Kickboxing / Boxercise / Box Friday – An action-packed workout that combines a series of punching and kicking combinations, this class improves strength, muscle tone and endurance.

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.