

CLASS TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.45-7.15 Barbell	6.45-7.15 Spin and Weights	6.45-7.15 Bodyweight HIIT	6.45-7.15 Abs and Arms	6.45-7.15 Stretch	9.00-9.45 Spin and Weights	9.30-10.30 Yoga
9.15-10.00 Spin	9.15-9.45 Kettlebells	9.15-9.45 Spin	9.15-9.45 Circle Circuits	8.30-9.30 Yoga		
10.15-10.45 Barbell	10.00-10.30 LBT	10.00-11.00 Pilates	10.00-10.30 Core	9.45-10.15 Barbell		
			10.30-11.30 Pilates			
13.00-13.30 Lunch Mix		13.00-13.30 Lunch Mix				
17.30-18.00 Bodyweight HIIT	17.30-18.15 Spin and Weights	17.30-18.00 Kettlebells	17.30-18.15 Spin	17.30-18.00 Circuits		
18.15-19.00 Core	18.30-19.00 Circle Circuits	18.15-19.00 Spin	18.30-19.00 Barbell	18.15-18.45 LBT		
	19.15-20.15 Yoga					

● **Cardio** ● **Strength** ● **Flexibility** ● **Combo**

Book your classes by scanning the QR code. Log in with your email address and password date which you will get from the staff at reception! Once logged in change your password to something familiar to you.

CLASS DESCRIPTIONS

Circle Circuits

High intensity circuit using a variety of equipment.

Circuits

High intensity circuit using a variety of equipment.

Spin

A group exercise session in which participants ride stationary bikes at varying speeds and resistance settings to motivating music.

Bodyweight HIIT

Combination of cardio and strength work for a full body workout.

Lunch Mix

Combination of studio equipment and/or gym floor equipment workouts.

Spin and Weights

Combination of cardio and resistance training using free weights giving a full body workout.

Abs and Arms

Focusing on upperbody to achieve stronger core, muscle definition.

Barbell

Full body workout using weighted barbell for great muscle definition.

Core

Get abs to die for while improving mobility and flexibility.

Kettlebells

Working with kettlebells for fully body sculpting exercises.

LBT

This class targets your legs, bums and tums to help you achieve an all over toned look whilst burning calories and improving stamina.

Pilates

Improve your core, bands can be used.

Stretch

Improve mobility and flexibility.

Yoga

Designed to stretch and strengthen with yoga-based exercises.



Scan me to
book a class!