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Monday

Time	Class	Description	Instructor
17:45 - 18:15	Cycle 30	Indoor cycling class to help improve fitness levels, burn calories and to help condition the lower body	Carly/Jess
18:30 - 19:15	REPPED'	A workout with high reps and low weights designed to push you hard to help sculpt and shape your body.	Carly/Jess

Tuesday

Time	Class	Description	Instructor
18:00 - 18:30	6PAC	A 30 min session focusing on the abs and to help build a stronger core	Victor
18:35 - 19:20	Circuits	A functional fitness circuit using a variety of equipment that will burn calories for hours afterwards. Different exercises each week!	Victor

Wednesday

Time	Class	Description	Instructor
17:50 - 18:20	Cycle 30	Indoor cycling class to help improve fitness levels, burn calories and to help condition the lower body	Rob
18:30 - 19:15	TRX & Abs	A 45 min session designed to focus on core stability, balance, strength, flexibility and to hit the abs!	Rob

Thursday

Time	Class	Description	Instructor
18:00 - 18:30	Kettlebell Express	A quickfire 30 min workout using the kettlebells to burn fat, strengthen the body and improve fitness!	Rob/Carly
18:40 - 19:25	Killer Glutes	A session designed to maximise glute strength and work the lower body	Rob/Carly

Saturday

Time	Class	Description	Instructor
9:30-10:15	Circuits	A functional fitness circuit using a variety of equipment that will burn calories for hours afterwards. Different exercises each week!	Fitness Team

- Classes can be booked up to 7 days in advance over phone or via our website
- All classes included in membership, or pay per class.

Monday

Time	Class	Description	Instructor
07:00 - 07:30	TRX & Abs	A 30 min session designed to focus on core stability, balance, strength, flexibility and to hit the abs!	Fitness Team
09:15 - 10:00	Circuits	A functional fitness circuit using a variety of equipment that will burn calories for hours afterwards. Different exercises each week!	Fitness Team
10:15 - 11:15	Pilates	A class designed to improve core strength, flexibility and posture	Becky
12:15-12:45	Circuit Express	A 30 min session ideal to get you out of the office! You will use a variety of equipment that will get your sweat on!	Fitness Team
17:45 - 18:30	REPPED	A workout with high reps and low weights designed to push you hard to help sculpt and shape your body.	Fitness Team
18:40- 19:30	Vinyasa Yoga Flow	This class links postures with quicker sequencing to emphasise the power of breathing while increasing muscular strength, flexibility and endurance	Frankie
18:40 - 19:25	Box Fit	Box your way to fitness with our class focusing on padwork and boxing drills	Fitness Team

Tuesday

Time	Class	Description	Instructor
06:45- 07:30	Total Body Workout	A whole body session to boost strength, muscular endurance, cardio fitness and flexibility using weights	Fitness Team
09:15 - 10:00	Body Conditioning	This class uses a range of exercise techniques including weights, resistance training and floor work to hit all areas of the body	Carly
10:10- 10:55	Hatha Flow Yoga	A yoga class aimed to balance two energies through physical postures and breathing techniques with a slower flow emphasis between the movements	Emma
17:30 - 18:15	Cycle 45	A 45 min group cycling session with a different theme each week	Mark
18:25 - 19:05	Killer Glutes	A session designed to maximise glute strength and work the lower body	Carly/Jess
19:10- 20:05	Vinyasa Yoga Flow	This class links postures with quicker sequencing to emphasise the power of breathing while increasing muscular strength, flexibility and endurance	David

Wednesday

Time	Class	Description	Instructor
06:45 - 07:30	Kettlebells	A 45 min workout using the kettlebells to burn fat, strengthen your body and improve fitness	Fitness Team
09:15 - 10:00	LBT	A mixture of aerobic and toning exercises to target those common problem areas	Becky
10:10 - 10:55	Pilates	A class designed to improve core strength, flexibility and posture	Becky
17:45 - 18:30	Circuits	A functional fitness circuit using a variety of equipment that will burn calories for hours afterwards. Different exercises each week!	Victor
18:35 - 19:20	Cycle & Core	A 30 minute ride on the bike followed by a tough 15 min core section.	Jess
19:30 - 20:15	Yoga Flow	A holistic approach to mind, body and spirit which can lead to improved flexibility, posture and body strength	Smita

Thursday

Time	Class	Description	Instructor
06:45 - 07:30	Cycle 45	An early morning version of our popular indoor cycling class, get on your bike and spin your way to fitness!	Fitness Team
09:30 - 10:15	Killer Glutes	A session designed to maximise glute strength and work the lower body	Carly
17:40 - 18:25	WOW	Workout of the Week. Bootcamp? AMRAP? EMOM? Shuttle Runs? Instructors choice of workout, simply turn up and WORK	Fitness Team
18:30 - 19:30	Pilates	A class designed to improve core strength, flexibility and posture	Nicky
18:35- 19:05	6PAC	A 30 min session focusing on the abs and to help build a stronger core	Fitness Team

Friday

Time	Class	Description	Instructor
06:45 - 07:30	Circuits	A functional fitness circuit using a variety of equipment that will burn calories for hours afterwards. Different exercises each week!	Fitness Team
07:45 - 08:30	Rise & Shine Yoga	An energetic and uplifting start to the day. Combining flowing movements with strength and breathing techniques to cultivate a healthy mind and body, greater flexibility and core strength	Frances
09:00 - 09:30	Cycle 30	A 30 min version of indoor cycling, take on the challenge of this high-energy class!	Becky
09:40 - 10:25	Aero Circuits	A cardio exercise class using different equipment to target the whole body. Burn fat and tone up in this fun class for all abilities	Becky
10:35 - 11:35	Pilates	A class designed to improve core strength, flexibility and posture	Becky
17:45 - 18:30	TRX and Abs	A 45 min session designed to focus on core stability, balance, strength, flexibility and to hit the abs!	Fitness Team

Saturday

09:10 - 09:55	REPPED	A workout with high reps and low weights designed to push you hard to help sculpt and shape your body.	Fitness Team
10:10- 10:55	Box Fit	Box your way to fitness with our class focusing predominately on pad work and boxing drills	Fitness Team

Sunday

09:10 - 09:55	Cycle 45	Indoor cycling class to help improve fitness levels and burn calories	Fitness Team
10:10- 11:10	Yoga	A holistic approach to mind, body and spirit which can lead to improved flexibility, posture and body strength.	Smita