

MON		TUE		WED		THU		FRI		SAT		SUN	
HIIT Intervals Phil	7.30 8.00			Spin Steph	7.15 7.45			Open Vinyasa Emily	7.30 8.15	Bootcamp Glen	8.30 9.15		
Myofascial Yoga Arabella	9.30 10.30	Fitball Phil	10.00 10.45	Sunrise Yoga Mel	7.30 8.15	Myofascial Yoga Arabella	9.30 10.30	Fitness Pilates Danielle	8.30 9.15	Kettlebells Glen	9.15 10.00	Yoga-Lates Emily	10.15 11.00
Myofascial Yoga Arabella	10.45 11.45	L . B . T Sarah	13.00 13.45	Kundalini Lizzie	9.30 10.15	Full Body Sarah	12.15 13.00	Flex Yoga Viviane	9.30 10.15	Sat. Yoga Annabelle	10.00 10.45		
Core Fit Sarah	13.00 13.45	BARRE Fit Xaynia	17.30 18.15	Bliss Yoga Molly	10.45 11.45	Pilates Louise	13.00 13.45	Myofascial Release Arabella	10.45 11.45	Core Fit Glen	11.00 11.45	Dynamic Yoga Chris	15.30 16.30
Booty-Burner Xaynia	17.45 18.30	Spin Phil	17.45 18.30	Restorative yoga Heemali	12.15 13.00	Fitness Yoga Annabelle	17.15 18.00	Pilates Mel	13.00 13.45	Ballet Fit Xaynia	12.00 12.45		
		Fitness Pilates Danielle	18.15 19.00	Booty Burn Xaynia	13.00 13.45			Full Body Fri TBC	17.30 18.15				
		Vinyasa Yoga Emily	19.30 20.15	Bootcamp Phil	18.15 19.00								
				Flex Strength Xaynia	19.00 19.45								

# December Q4 2023



# FASTER. BETTER. STRONGER.

HIIT: A fast paced interval training class to energise and keep you strong.

Core : An intense class, working the whole core.

Circuits: Strength & resilience training going from 'station' to 'station'.

Kettlebells: A full body workout using kettlebells and other weights.

Full Body: Varied 'stations' in Tabata style working full body!

HIIT fit: Cardio and strength class high intensity interval training.

LBT: A fun workout aimed to tone those Legs, Bums & Tums!

Spin: Indoor cycling that pushes your endurance levels.

Bootcamp: A great workout full of energy!

Plyometrics: A series of explosive body weight resistance exercises, to increase strength.

Booty Burner: Intensive & fun movement to music, focusing on everything lower body.

Open Vinyasa: For all building stamina, strength & alignment for a positive start to the day!

Ashtanga Vinyasa Yoga: Synchronising breath and movement.

Flow Yoga: Strengthening, lengthening, and re-balancing.

Bliss Yoga: Energising movements to strengthen & Unwinding through meditation.

FitBall: A fitness class utilizing the benefits of the Swiss Ball, aiding core and posture.

Pilates: Designed to target core stability, flexibility and mobility.

Power/Dynamic Yoga: A more intense style of Flow with core holds—strength.

Flex Yoga: Focusing on mobility with strength.

Yin & Yang Yoga: A combination of dynamic and postures. A great mix!

Yoga-Lates: Pilates mixed with yoga for a great strength and posture workout.

Myofascial Movement: A functional approach to yoga, training the myofascial system.

Barre fit: Using ballet based exercises for increased core strength & structure

Kundalini Yoga: Connecting to the body through breath and pose.

Health club opening times: Mon-Fri 06.30—21.30 Sat + Sun 08.00—19.30

*We start to close the Spa and Gym areas 30 mins prior to the club closing time*