

MON		TUE		WED		THU		FRI		SAT		SUN	
Spin Steph	7.15 7.45	Spin & Abs Fronzie	7.15 8.15	Sunrise Yoga Mel	7.30 8.15	Bootcamp Twahir	7.15 8.00	Open Vinyasa Emily	7.30 8.15	Pilates Rebecca	08.30 09.15		
HIIT Intervals Phil	7.30 8.00	Fitball Fronzie	10.00 10.45	Kundalini Lizzie	9.30 10.15	Myofascial Yoga Arabella	9.30 10.30	Pilates Danielle/Mel	8.30 9.15	Kettlebells	9.15 10.00	Yoga-Lates Emily	10.15 11.00
Myofascial Yoga Arabella	9.30 10.30	Legs, Bum, Tum Sarah	13.00 13.45	Booty Burn Xaynia	13.00 13.45	Full Body Sarah	12.15 13.00	Flex Yoga Viviane	9.30 10.15	Sat. Yoga Annabelle	10.00 10.45	Plyometrics Twahir	11.15 12.00
Myofascial Yoga Arabella	10.45 11.45	BARRE Fit Xaynia	17.30 18.15	Bootcamp Phil	18.15 19.00	Pilates Louise	13.00 13.45	Myofascial Release Arabella	10.45 11.45	Core Fit	11.00 11.45	Dynamic Yoga Chris	15.30 16.30
Core Fit Sarah	13.00 13.45	Spin Phil	17.45 18.30	Flex Strength Twahir / Xaynia	19.00 19.45	Fitness Yoga Annabelle	17.15 18.00	Pilates Danielle	12.15 13.00	Ballet Fit Xaynia	12.00 12.45		
Booty-Burner Xaynia	17.45 18.30	Vinyasa Yoga Emily	19.30 20.15			Kick Fit Fronzie	18.15 19.00	Full Body Fri Twahir	17.30 18.15				
Mobility Condition Twahir	18.45 19.30												

# Q1 2024



# 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.

Flex Strength: Movement, strength, core and rehab in one.

***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***