

Group exercise timetable - Studio Timetable 2018 Q2

Wellbeing

Barre Pilates

Combine Pilates with full body exercises to push the body further. This class incorporates the ballet bar into the workout.

Athlete Yoga

A fluid practice focusing on moving with the breath between each posture. A more challenging form of yoga this will improve flexibility and balance with emphasis on strength for sport.

Hatha Yoga

Hatha is a gentler form of yoga allowing the practitioner more time to explore each posture. This class is great for those looking to slow down and de-stress. It is also suitable for beginners.

Pilates

A conditioning and toning system targeting deep muscles supporting the spine and major joints. Pilates improves posture, balance and builds core strength.

Functional

FT Circuit

A combination of high repetition weight training with aerobic conditioning. Designed to tone and condition your body.

Kettlebells

A mixed intensity class using Kettlebells to improve movement and flexibility working on movement and strength!

Circuits

A high intensity, fast paced interval circuit, designed to push you to your limits and dramatically improve your cardiovascular fitness

Express Abs

A 15 minute core blast which will include abs, glutes and lower back

Strength

Grit Strength

A high intensity strength based class from Les Mills using barbells and weight plates to increase your metabolism

Grit Cardio

A high energy aerobic routine, use nothing but your body to build speed and agility in just 30 minutes

Grit Plyo

A high intensity workout using explosive power to push you to your limits and improve performance.

BodyPump

Improve muscular strength and endurance in this tempo based class using compound movements such as Squat, Deadlifts and Rows.

Indoor Cycle

ICG Cycle

A 45 minute ICG Cycling Class incorporating cycle specific techniques to improve your speed, stamina and fitness levels all set to music for an invigorating workout

Colour Cycle

Using the ICG Cycle console in Power Training mode, work with the 5 colour system for a strength based workout that will increase your Watts & Calories based on your FTP score.

HIIT Cycle

Burn fat fast and improve cardiovascular endurance with this indoor cycling class based around high intensity intervals

Aerobic

Aqua

Water based Aerobics class which will improve muscle tone in an enjoyable environment that will enable you to work at your own intensity level.

Boxercise

Jab, hook and upper cut your way through this high intensity workout. Using pad work and fitness drills this interactive class is designed to get you fit and let off steam.

BodyAttack

This is a High Intensity aerobics class from Les Mills that will push you to your limits

Movers

This is a moderate Intensity class that will change every week based on the instructor. Always a fun atmosphere in which to raise your heart rate to a moderate level.

Clubbercise

Dance yourself fit with this aerobics class set to your favourite dance hits. Expect strobe lights and glowsticks for this fun fitness experience