## SUMMER TIMETABLE

## MONDAY

07:00 AHSTANGAYOGA 08:30 BODY PUMP 09:00 AQUA CIRCUITS 09:00 BEACH YOGA 09:15 BODYWORK 09:45 PLATE-LIT 10:15 SPIN
10:30 VINYASAFLOW
11:30 EXPRESS SPIN 11:40 BODYBALANCE 12:15 COASTNCARDIO 12:45 HOT STRETCH 17:00 BODY ATTACK 17:15 SPIN
18:15 BODY PUMP
18:15 SPIN
19:15 ZUMBA
19:15 HOT SPIN
20:30 HOT STRETCH

## TUESDAY

07:15 EXPRESS SPIN 08:00 PILATES(BEG) 09:15 PILATES(INTER) 09:30 SPIN
09:45 GIG CLUB
10:30 BODY PUMP
10:30 SPIN
11:30 WOD CLUB
11:45 BODY BALANCE
12:00 AQUA BLAST 17:00 SPIN 17:15 YOGA(BEGINNER) 17:30 GIG CLUB 18:00 MEGASPIN 18:15 BODY COMBAT 18:30 ENGINE ROOM 19:30 CORE WORK 20:15 HOT STRETCH

KELLY 30 MIN REBA 60 MIN REBA 60 MIN AMY 45 MIN FABIAN 30 MIN KELLY 55 MIN FABIAN 45 MIN FABIAN 45 MIN IAN 55 MIN
KELLY 30 MIN LA STEVE 45 MIN BEX 45 MIN LAUREN 30 MIN LA STEVE 60 MIN BEX 55 MIN LAUREN 45 MIN LA STEVE 30 MIN LAUREN 45 MIN

## WEDNESDAY

06:30 SPIN
07:00 BARRE
08:30 BEACH CLUB
09:00 BEACH YOGA
10:00 BODY COMBAT
10:15 SPIN
10:30 WOD CLUB
11:15 HOT STRETCH
11:30 LBT
12:00 AQUA BLAST
14:30 BEGIN2SPIN
17:00 BOX HIIT
17:00 SPIN
18:00 SH'BAM
18:00 MEGASPIN
18:30 GIG CLUB
19:00 BODY PUMP
19:15 HOT SPIN
20:15 YOGARESTORATIVE LUCIE 60 MIN

## THURSDAY

07:00 BODY PUMP 07:00 BEACH CLUB 08:15 SPIN
09:15 AQUA CIRCUITS 09.30
$10: 15$ BARRE
.45 ENDURANCECLUB LAUREN 75 MIN 11:15 STRETCH FLOW KAT 30MIN 12:00 YOGATHERAPEUTIC RUTH 60MIN 14:30 FLEXIBILITY 16:00 PILATES(BEG) 17:15 WOD CLUB 18:15 BODY PUMP 18:30 SPIN
19:15 BODY COMBAT
20:15 STRETCH FLOW

EMMA45MIN KAT 45 MIN LAUREN 45 MIN KAT 45MIN AUREN 45 MIN KAT 45 MIN KAT 30MIN LORA 45 MIN KELLY 60 MIN LORA 45 MIN KELLY 45 MIN LORA 45 MIN KELLY55MIN LORA 30 MIN

## FRIDAY

06:30 SPIN
07:00 ASHTANGAYOGA
08:15 SPIN
09:00 AQUA CIRCUITS
09:15 SPIN
09:15 BODY ATTACK
10:15 SPIN
10:30 PLATE-LIT
11:15 SH'BAM
12:15 GIG CLUB
12:15 BODY BALANCE
13:15 BOXING 101
14:30 INVERSIONS
18:15 SPIN\&ABS
19:30 HOT STRETCH

FABIAN 45 MIN RUTH 60 MIN CRAIG 45 MIN FABIAN 45 MIN CRAIG 45 MIN
KELLY45MIN STEVEO45MIN KELLY 30 MIN KELLY45MIN STEVEO 30 MIN KELLY55MIN FABIAN45MIN LORA 45 MIN LORA 60 MIN LORA 45 MIN

## SATURDAY

08:15 BODY PUMP
KELLY45MIN
08:15 SPIN LA STEVE45MIN
09:15 BODY ATTACK KELLY45MIN
09:15 SPIN LA STEVE45MIN
10:15 PILATES JO 60MIN
10:15 SPIN
11:20 PILATES
LA STEVE 45 MIN
JO 6OMIN
16:00 ENDURANCE CLUB TEAM 90MIN
17:45 STRETCH FLOW TEAM 30MIN

## SUNDAY

| 08:30 | BEACH CLUB | KAT 30 MIN |
| :---: | :---: | :---: |
| 09:00 | BODY PUMP | EMMA 55 MIN |
| 09:30 | SPIN | CRAIG 45 MIN |
| 09:30 | LBT | KAT 45 MIN |
| 10:15 | BODY BALANCE | EMMA 45 MIN |
| 11:15 | BARRE | KAT 45 MIN |
| 15:00 | RIDE\&RUN | LA STEVE45MIN |
| 16:00 | LADIES LIFT | LA STEVE45MIN |
| 16:30 | YOGA NIDRA | RUTH 60MIN |
|  | (SECOND SUNDAY OF |  |
|  | EVERY MONTH) |  |
| 17:30 | SPIN | LA STEVE45MIN |
| 18:30 | CORE WORK | LA STEVE30MIN |

08:30 BEACH CLUB
09:00 BODY PUMP
$: 30$ SPIN
RAIG 45 MIN

10:15 BODY BALANCE
MA
11:15 BARRE
LA STEVE45MIN
16:00 LADIES LIFT LA STEVE45MIN 16:30 YOGA NIDRA RUTH 60MIN (SECOND SUNDAY OF EVERY MONTH)
17.30 SPIN LA STEVE4SMIN 18:30 CORE WORK LA STEVE3OMIN

# CLASS DESCRIPTIONS 

MAIN STUDIO
Meet at Main Studio
；）情 $\dot{\boldsymbol{T}}$
LES MILLS BODY PUMP
the original barbell workout．using a Range of weights with lots of REPS，BODY PUMP GIVES YOU A TOTAL BODY WORKOUT THAT BURNS LOTS OF
CALORIES
if
FLEXIBILITY
devoted to Learning flexibility
based skills－attend weekly to see
OPTIMUM RESULTS

## $81 \boldsymbol{1}$

VINYASA FLOW
SUITABLE FOR INTERMEDIATE LEVEL． FLOW THROUGH POSES IN SYNC WITH Your breath to develop mobility STRENGTH \＆FIND YOUR INNER ZEN

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ASHTANGA YOGA
ASHTANGA BASED FLOW，COMBINING PHYSICALLY DEMANDING MOVEMENT AND breath to create internal heat DESIGNED TO PURIFY THE BODY

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HATHA YOGA
THE PRACTISE OF PHYSICAL YOGA POSES AND BREATHING TECHNIQUES TO ALIGN AND CALM THE BODY，MIND AND SPIRIT．

## 8 险 <br> PILATES

FOCUS ON POSTURE \＆FLEXIBILITY．IT IS SUITABLE FOR ALL AGES \＆FITNESS

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LES MILLS BODY BALANCE INSPIRED BY YOGA \＆PILATES，BODY balance uses a range of movements SET TO MUSIC THAT WILL IMPROVE YOUR MIND \＆Bodr

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HOTSTRETCH／FLOW
develop flexibility and mobility in THIS FULL－BODY STRETCH CLASS

## $\boldsymbol{\|} \boldsymbol{r} \dot{\boldsymbol{T}}$

TOTALBODYW／OUT JUST LIKE THE NAME－A WORKOUT FOR THE WHOLE BODY！HIGH INTENSITY！

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## Z U M B A

how to make cardio more fun？dance YOUR HEART OUT！JOIN US FOR THIS FUN HIGH ENERGY WORKOUT EXPERIENCE！

## $\dot{-1}$

LES MILLS BODY COMBAT
THE ORIGINAL MIXED MARTIAL ARTS WORKOUT．THIS HIGH TEMPO SESSION gives a full body \％rorout－Serious FUN，SERIOIIC 8
SH＇BAM
great tunes，great moves，and no DANCE EXPERIENCE REQUIRED！

## it

## BARRE

inspired by elements of yoga，ballet AND PILATES，THIS LOW IMPACT，HIGH intensity workout will strengthen YOUR BODY LIKE NOT MANY OTHER CLASSES CAN！

## $\boldsymbol{i}_{\boldsymbol{7}} \boldsymbol{H} \boldsymbol{H}$ © <br> PLATE－LIT

LOW－INTENSITY STRENGTH BASED
TRAINING，USING BODY－WEIGHT AND
plates to help strengthen and tone the whole body
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BODY ATTACK
A workout combining athletic movements designed to challenge YOUR LIMITS

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## BOX HIIT

BOXING INSPIRED HIGH INTENSITY NTERVAL TRAINING！

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INVERSIONS
CORE Stability，UPPER bODY Strength，
MOBILITY，WITH SOME NEW SKILLS THROWN IN！THINK．．HANDSTANDS！！

## $88 \boldsymbol{1} \boldsymbol{1}$ <br> BOXING 101

LEARN THE FUNDAMENTALS OF BOXING IN A FUN AND FRIENDLY GROUP

## ENVIRONMENT

## GYM FLOOR

Meet at the gym floor hub

## H－$\dot{\boldsymbol{T}}$

GLUTE STRENGTH
THIS IS ALL ABOUT GROWING THAT PEACH！A SWEET MIX OF BODY WEIGHT and resistance work for a bigger， better，stronger behind

俩
LADIES LIFT
Small－group training for women who LIKE TO LIFT！NEWCOMERS AND EXPERIENCED WELCOME！

## H－ $\boldsymbol{x}^{\circ}$

## ENGINE ROOM

HIGH ENERGY，FAST－PACED．FULL BODY WORKOUT USING VARIOUS ERGS AND RESISTANCE KIt！

## 

## BODYWORK

SPLIT INTO TWO PARTS．HIGH INTENSITY fitness followed by strength and CONDITIONING WORK DESIGNED TO IMPROVE SPORTS PERFORMANCE

## $\mathrm{i}_{\mathrm{i}}$

LBT
45 MINUTE WORKOUT DEVOTED to SCULPTING THE LEGS，BUTT AND TUM！

## 8

WOD CLUB
WORKOUT OF THE DAY！EXPECT A
Variety of full body exercises to VARIETY OF FULL BODY EXERCISES TO
－I $\dot{\mathcal{K}^{\circ}}$
INTERVALS
devoted purely to the development OF HIGH－END FITNESS！NOT FOR THE FAINT－HEARTED！

## GIG STUDIO <br> Meet at the Gig Studio <br> $\|-\dot{R}$ <br> GIG CLUB

COMBINING CARDIO AND STRENGTH FOR
A FUN AND DYNAMIC ROWING－BASED
WORKOUT

## SPIN STUDIO

Meet at Spin Studio

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HOT SPIN
60 MINUTES OF PURE CALORIE BURN． THIS IS YOUR CLASSIC SPIN，CRANKED UP A NOTCH IN BOTH INTENSITY AND TEMPERATURE！

## $\dot{\boldsymbol{T}}$

SPIN／EXPRESS
30－45 MINUTE CYCLE WORKOUTS AIMED FOR THOSE LOOKING TO BURN CALORIES \＆GET A GREAT HIGH－TEMPO WORKOUT

## $\stackrel{4}{4}$

RIDE\＆RUN
chance to clock up some distance for the endurance lovers in the

LUB
$\dot{x}$
ENDURANCE CLUB
ANOTHER ONE FOR THE ENDURANCE
LOVERS． 90 MINUTES OF ENDURANCE－ based exercise which varies week to WEEK！

## POOL

Meet in the swimming pool

AQUACIRCUITS
FULL－BODY STRENGTH AND CARDIO workout using the water as both RESISTANCE AND PROTECTION FROM IMPACT
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AQUA BLAST
THE ABOVE，BUT CONDENSED IN TO 30 MINUTES！

## BEACHFRONT

Meet at Health Club reception

## $\dot{r}$

COAST NCARDIO
FUN，HIGH ENERGYFITNESS－B the coast！
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BEACHCLUB
DIfferent every week！expect a high ENERGY，FULL BODY WORKOUT WITH LOTS OF FUN IN THE SAND AND SUN！

## YOUR KEYTO

CARDIOBASED
FOR BURNING FAT，IMPROVING CARDIOVASCULAR HEALTH \＆ALL ROUND FITNESS

RESISTANCE／TONE
IDEAL IF YOUR GOALS ARE FOCUSSED AROUND CREATING A

FUN LOVING
these Classes are based on ENJOYMENT \＆MAKING NEW FITNESS FRIENDS

MIND，BODY，SOUL
these classes will help relax， DE－STRESS \＆UNWIND

