



CLASS TIMETABLE

MONDAY

07:00 AHSTANGAYOGA STEPH 60MIN
 08:30 BEACH YOGA BEX 60MIN
 08:45 SPIN LA STEVE 45MIN
 09:15 BODYWORK LAUREN 45MIN
 09:45 SPIN LA STEVE 45MIN
 09:45 PLATE-LIT STEVEO 30MIN
 10:30 VINYASAFLOW STEPH 60MIN
 11:00 BODYBALANCE BEX 55MIN
 12:00 EXPRESS SPIN LA STEVE 30MIN
 12:45 HOT STRETCH LAUREN 45MIN
 17:15 SPIN TEGAN 45MIN
 17:30 BODY PUMP RHEA 55MIN
 18:30 HIIT CLUB TEGAN 45MIN
 19:00 SPIN RHEA 45MIN
 19:00 ZUMBA KYLIE 55MIN
 20:15 BODY BALANCE TEGAN 45MIN

TUESDAY

07:30 BEACHBOOTCAMP KELLY 45MIN
 08:00 PILATES(BEG) REBA 60MIN
 09:00 GIG CLUB LAUREN 30MIN
 09:30 BODY PUMP KELLY 55MIN
 10:30 SPIN LAUREN 45MIN
 11:45 AQUA BLAST KELLY 30MIN
 12:00 STRETCHFLOW LAUREN 30MIN
 17:00 SPIN LA STEVE 45MIN
 17:30 GLUTE STRENGTH TEGAN 45MIN
 18:00 SPIN LA STEVE 45MIN
 18:00 BODY COMBAT BEX 55MIN
 19:00 EXPRESS SPIN LA STEVE 30MIN
 19:30 BODY BALANCE TEGAN 45MIN

WEDNESDAY

07:00 SPIN RHEA 45MIN
 08:30 BODY PUMP RHEA 45MIN
 09:00 HIIT CLUB TEGAN 45MIN
 09:30 PILATES(INTER) REBA 60MIN
 10:15 SPIN STEVEO 45MIN
 11:15 HOT STRETCH BEX 45MIN
 11:45 AQUA BLAST TEGAN 30MIN
 12:00 EXPRESS SPIN RHEA 45MIN
 13:15 COAST'N'CARDIO STEVEO 45MIN
 17:00 SPIN TEGAN 45MIN
 17:45 BODY COMBAT KELLY 45MIN
 18:00 SPIN TEGAN 45MIN
 18:45 GIG CLUB EMMA 30MIN
 19:00 BODY PUMP KELLY 55MIN
 20:30 YOGARESTORATIVE LUCIE 60MIN

THURSDAY

07:30 BEACH CLUB TEGAN 45MIN
 08:15 SPIN LA STEVE 45MIN
 09:00 BEACH YOGA BEX 45MIN
 09:15 SPIN LA STEVE 45MIN
 09:30 GLUTE STRENGTH TEGAN 45MIN
 10:15 SPIN LA STEVE 45MIN
 11:00 BODY BALANCE TEGAN 55MIN
 12:00 YOGATHERAPEUTIC RUTH 60MIN
 16:00 PILATES(BEG) KELLY 60MIN
 17:00 KETTLEBELLS LAUREN 45MIN
 18:00 BODY PUMP KELLY 55MIN
 18:30 SPIN LAUREN 45MIN
 19:15 LBT KELLY 45MIN
 20:15 STRETCH FLOW LAUREN 30MIN

FRIDAY

06:45 SPIN RHEA 45MIN
 07:00 SUNRISE YOGA RUTH 60MIN
 08:15 SPIN CRAIG 45MIN
 08:30 AQUA BLAST RHEA 30MIN
 09:15 SPIN CRAIG 45MIN
 09:15 BODY COMBAT KAT 55MIN
 10:15 SPIN STEVEO 45MIN
 11:15 BODY PUMP RHEA 45MIN
 12:15 GIG CLUB STEVEO 30MIN
 17:30 BODY COMBAT KELLY 55MIN
 18:30 PILATES: RESTORE JO 90MIN
 (FIRST FRIDAY OF EVERY MONTH, WILL REPLACE BODY BALANCE)
 19:15 BODY BALANCE KELLY 45MIN

SATURDAY

07:00 SLIDE SEAT ROWING EMMA 45MIN
 08:00 BODY PUMP RHEA 45MIN
 08:15 SPIN LA STEVE 45MIN
 09:00 BODY PUMP RHEA 45MIN
 09:15 SPIN LA STEVE 45MIN
 10:15 SPIN LA STEVE 45MIN
 10:30 PILATES JO 60MIN
 11:00 GIG CLUB RHEA 30MIN

SUNDAY

08:00 PILATES(GENERAL) LUKE 60MIN
 09:30 SPIN CRAIG 45MIN
 09:30 BODY PUMP LUKE 55MIN
 10:45 CORE WORK LUKE 30MIN
 15:00 SPIN LA STEVE 45MIN
 16:30 YOGA NIDRA RUTH 60MIN
 (SECOND SUNDAY OF EVERY MONTH)
 17:30 SPIN LA STEVE 45MIN
 18:30 SPIN LA STEVE 45MIN



CLASS DESCRIPTIONS

MAIN STUDIO

Meet at Main Studio



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



VINYASA FLOW

SUITABLE FOR INTERMEDIATE LEVEL. FLOW THROUGH POSES IN SYNC WITH YOUR BREATH TO DEVELOP MOBILITY, STRENGTH & FIND YOUR INNER ZEN



ASHTANGA YOGA

PRIMARY SERIES LED PRACTISE. THIS FLOW CLASS COMBINES PHYSICALLY DEMANDING MOVEMENT AND BREATH TO CREATE INTERNAL HEAT DESIGNED TO PURIFY THE BODY



PILATES

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



LES MILLS BODY BALANCE

INSPIRED BY YOGA & PILATES, BODY BALANCE USES A RANGE OF MOVEMENTS SET TO MUSIC THAT WILL IMPROVE YOUR MIND & BODY



STRETCH FLOW

GENTLE OPENING SEQUENCES FOR A FULL-BODY MOVEMENT CLASS.



HOT STRETCH

DEVELOP FLEXIBILITY AND MOBILITY IN THIS FULL-BODY STRETCH CLASS



ZUMBA

HOW TO MAKE CARDIO MORE FUN? DANCE YOUR HEART OUT! JOIN US FOR THIS FUN, HIGH ENERGY WORKOUT EXPERIENCE!



LES MILLS BODY COMBAT

THE ORIGINAL MIXED MARTIAL ARTS WORKOUT. THIS HIGH TEMPO SESSION GIVES A FULL BODY WORKOUT- SERIOUS FUN, SERIOUS CALORIE BURN!

MUSCLE BEACH

Meet at Muscle Beach



KETTLEBELLS

A VERSATILE PIECE OF KIT. THE KETTLEBELL WILL GIVE YOU STRENGTH AND IMPROVE CARDIO.



GLUTE STRENGTH

THIS IS ALL ABOUT GROWING THAT PEACH! A SWEET MIX OF BODY WEIGHT AND RESISTANCE WORK FOR A BIGGER, BETTER, STRONGER BEHIND

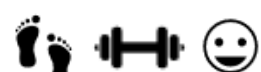
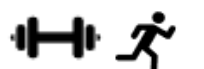


PLATE-LIT

LOW-INTENSITY STRENGTH BASED TRAINING, USING BODY-WEIGHT AND PLATES TO HELP STRENGTHEN AND TONE THE WHOLE BODY



BODYWORK

SPLIT INTO TWO PARTS. HIGH INTENSITY FITNESS FOLLOWED BY STRENGTH AND CONDITIONING WORK DESIGNED TO IMPROVE SPORTS PERFORMANCE

FRONT LAWN

Meet outside Health Club reception



PILATES

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



LES MILLS BODY BALANCE

INSPIRED BY YOGA & PILATES, BODY BALANCE USES A RANGE OF MOVEMENTS SET TO MUSIC THAT WILL IMPROVE YOUR MIND & BODY

BEACHFRONT

Meet outside Health Club reception



COAST N CARDIO

FUN, HIGH ENERGY FITNESS- BY THE COAST!

SPIN STUDIO

Meet at Spin Studio



SPIN

FULL CYCLE WORKOUTS AIMED FOR THOSE LOOKING TO BURN CALORIES & GET A GREAT HIGH-TEMPO WORKOUT

GYLLY BEACH

Meet at the Lifeguard Hut



BEACH YOGA

DEVELOP YOUR MOBILITY & STRENGTH & PROGRESS THROUGH DIFFERENT MOVEMENTS TO FIND YOUR INNER ZEN



BEACH CLUB

DIFFERENT EVERY WEEK! EXPECT A HIGH ENERGY, FULL BODY WORKOUT WITH LOTS OF FUN IN THE SAND AND SUN!



BOOTCAMP

FAST-PACED AND HIGH ENERGY CLASS WHICH WILL CHALLENGE AND STRENGTHEN THE WHOLE BODY!

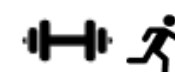


SLIDE SEAT COASTAL ROWING

TRY OUT THE SPORT OF SLIDE SEAT ROWING ON THE SEA AT GYLLY BEACH IN THIS TRULY UNIQUE 1-2-1 SESSION! FOR ABSOLUTE BEGINNERS AND EXPERIENCED ROWERS ALIKE.

TENNIS COURT

Meet outside the tennis courts



HIIT CLUB

45 MINUTES OF HIGH INTENSITY INTERVALS. LUNGS AND MORE LUNGS!

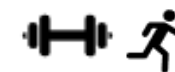


LEGS BUMS TUMS(LBT)

FOCUSING ON THE LOWER BODY ALONG WITH THOSE ALL IMPORTANT CORE MUSCLES!

GIG STUDIO

Meet at the Gig Studio



GIG CLUB

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

A FEW REMINDERS

IF YOUR CLASS IS INDOORS PLEASE ARRIVE AT THE CLUB READY TO WORKOUT

BRING YOUR OWN WATER

BRING YOUR OWN MAT

PLEASE ADHERE TO SOCIAL DISTANCING AT ALL TIMES

HAVE FUN

YOUR KEY TO FITNESS



CARDIO BASED

FOR BURNING FAT, IMPROVING CARDIOVASCULAR HEALTH & ALL ROUND FITNESS



RESISTANCE/TONE

IDEAL IF YOUR GOALS ARE FOCUSED AROUND CREATING A LEANER PHYSIQUE



FUN LOVING

THESE CLASSES ARE BASED ON ENJOYMENT & MAKING NEW FITNESS FRIENDS



MIND, BODY, SOUL

THESE CLASSES WILL HELP RELAX, DE-STRESS & UNWIND