



# SUMMER SEASON

## MONDAY

06:15 SPIN CRAIG 45MIN  
06:30 GIG CIRCUITS KAT 45MIN  
07:00 ASHTANGA YOGA STEPH 60MIN  
09:00 BODYBUILDING LAUREN 60MIN  
09:00 AQUA CIRCUITS KAT 45MIN  
09:15 LM TRIP VIRTUAL 45MIN  
09:30 PLATE-LIT STEVEO 30MIN  
10:15 SPIN LAUREN 45MIN  
10:15 BODY PUMP KAT 45MIN  
11:15 BODY BALANCE  BEX 45MIN  
12:15 COASTCARDIO STEVEO 30MIN  
12:30 BARRE KAT 45MIN  
14:15 TRX MILLIE 45MIN  
15:15 PILATES JO 60MIN  
16:30 CORE CAM 30MIN  
17:30 BODY PUMP EMMA 45MIN  
17:30 SPIN MILLIE 45MIN  
17:30 BODY BUILDING CAM 45MIN  
18:30 LATIN DANCE MILLIE 45MIN  
19:45 STRETCH CAM 45MIN


## TUESDAY

06:45 YOGA FLOW RO 60MIN  
07:00 LM TRIP VIRTUAL 45MIN  
08:00 LM SPRINT VIRTUAL 45MIN  
08:00 PILATES(INTER) REBA 60MIN  
09:15 PILATES(BEG) REBA 60MIN  
09:15 HYBRID TRAINING MILLIE 45MIN  
09:30 SPIN LAUREL 45MIN  
10:30 BODY PUMP MILLIE 55MIN  
10:30 EXPRESS SPIN STEVEO 30MIN  
10:30 CIRCUITS LAUREL 45MIN  
11:45 BODYBALANCE  ELISE 45MIN  
12:00 AQUA BLAST MILLIE 30MIN  
13:00 LADIES LIFT LAUREL 45MIN  
14:00 YOGA(BEGINNER) BEX 45MIN  
16:00 ENDURANCE LAUREN 60MIN  
17:30 PLATE-LIT CAM 30MIN  
17:30 BODYBUILDING LAUREN 45MIN  
18:15 SPIN MATT 45MIN  
19:15 LADIES LIFT CAM 45MIN  
20:15 YOGA(SLOWFLOW) BETH 60MIN

## WEDNESDAY

06:15 SPIN CRAIG 45MIN  
07:00 BARRE KAT 45MIN  
07:15 LM TRIP VIRTUAL 45MIN  
08:15 TRX(ADVANCED) LAUREL 45MIN  
09:00 BEACH YOGA  BEX 45MIN  
09:15 SPIN LAUREL 45MIN  
09:15 BODY COMBAT KAT 55MIN  
10:15 LBT LAUREL 45MIN  
10:15 LES MILLS DANCE KAT 45MIN  
11:15 RESTORATIVEYOGA BEX 60MIN  
12:00 AQUA BLAST KAT 30MIN  
13:00 PLATE-LIT LAUREL 30MIN  
17:15 HYBRID TRAINING MILLIE 45MIN  
17:15 YOGA FLOW RO 60MIN  
18:30 BODY PUMP MILLIE 45MIN  
18:30 LM TRIP VIRTUAL 45MIN  
19:30 SPIN MILLIE 45MIN  
20:30 YOGA(SLOWFLOW) BETH 60MIN

## THURSDAY

06:15 LM TRIP VIRTUAL 45MIN  
07:15 FUNC-STRENGTH ADAM 45MIN  
08:15 SPIN LAUREN 45MIN  
09:00 AQUA FIT ADAM 45MIN  
09:00 POWER PILATES SARAH 60MIN  
09:15 HYBRIDTRAININGLAUREN 60MIN  
10:15 PLATE-LIT ADAM 30MIN  
10:15 SPIN STEVEO 45MIN  
11:15 STRETCH  LAUREN 45MIN  
11:15 BODYBUILDING ADAM 45MIN  
12:00 TENNIS CLUB STEVEO 45MIN  
13:00 YOGATHERAPEUTIC RUTH 60MIN  
13:15 PILATES JO 60MIN  
14:15 LM TRIP VIRTUAL 45MIN  
14:30 GENTLE FIT MILLIE 45MIN  
17:15 LM TRIP VIRTUAL 45MIN  
17:15 GLUTE HYBRID MILLIE 45MIN  
18:10 BODY PUMP EMMA 55MIN  
18:15 SPIN MILLIE 45MIN  
19:15 BODY BALANCE EMMA 45MIN  
20:15 YOGA(SLOWFLOW) LUCIE 60MIN


## FRIDAY

07:00 RUN CLUB LAUREL 45MIN  
07:00 ASHTANGA YOGA RUTH 60MIN  
08:15 BARRE KAT 45MIN  
08:15 SPIN CRAIG 45MIN  
09:00 AQUA FIT KAT 45MIN  
09:15 SPIN CRAIG 45MIN  
09:15 BODY PUMP LAUREL 45MIN  
10:15 BODY ATTACK KAT 45MIN  
10:15 CIRCUITS LAUREL 45MIN  
10:15 LM TRIP VIRTUAL 45MIN  
11:15 BODY BALANCE KAT 55MIN  
12:15 GIG CLUB STEVEO 30MIN  
12:30 POWER PILATES SARAH 60MIN  
13:00 LADIES LIFT LAUREL 45MIN  
14:15 GENTLE FIT KAT 45MIN  
17:15 SPIN LA STEVE 45MIN  
17:30 HIIT FUSION ROSY 45MIN  
18:15 SPIN LA STEVE 45MIN  
18:30 FUNC-STRENGTH ROSY 45MIN  
19:30 STRENGTH FLOW ROSY 45MIN

## SATURDAY

07:10 LM RPM VIRTUAL 50MIN  
08:00 BODY PUMP KAT 55MIN  
08:15 SPIN LA STEVE 45MIN  
09:15 BODY COMBAT KAT 45MIN  
09:15 SPIN LA STEVE 45MIN  
10:15 PILATES JO 60MIN  
10:15 SPIN LA STEVE 45MIN  
11:20 PILATES JO 60MIN  
12:30 BARRE KAT 45MIN  
16:30 BODY BUILDING CAM 45MIN  
17:30 LM TRIP VIRTUAL 45MIN  
18:30 STRETCH CAM 45MIN

## SUNDAY

07:30 BEACH YOGA  LUCIE 60MIN  
07:45 LM SPRINT VIRTUAL 30MIN  
08:30 SPIN CRAIG 45MIN  
09:30 HYBRIDTRAINING ADAM 45MIN  
10:30 LADIES LIFT ADAM 45MIN  
16:00 CIRCUITS ELISE 45MIN  
17:30 LM TRIP VIRTUAL 45MIN  
18:30 BODY BALANCE ELISE 45MIN



-SILENT DISCO STYLE IMMERSIVE OUTDOOR  
SESSION



StMICHAELS  
HEALTH  
CLUB

# CLASS DESCRIPTIONS

## 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

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

**GENTLE VINYASA**  
PERFECT FOR THOSE WHO ENJOY THE FLUIDITY OF VINYASA BUT WITH LESSER STRENGTH DEMAND

**ASHTANGA YOGA**  
ASHTANGA BASED FLOW, COMBINING PHYSICALLY DEMANDING MOVEMENT AND BREATH TO CREATE INTERNAL HEAT DESIGNED TO PURIFY THE BODY

**THERAPEUTIC/RESTORATIVE YOGA**  
A GENTLE, SLOW-PACED STYLE OF YOGA FOCUSSED ON DEEP RELAXATION AND STRESS REDUCTION

**TRX CLUB**  
FULL-BODY STRENGTH USING SUSPENSION TRAINERS. LITTLE TO NO IMPACT!

**HIIT FUSION**  
HIGH ENERGY FULL-BODY WORKOUT. BODYWEIGHT, RESISTANCE BANDS AND DUMBBELLS, HIGH INTENSITY INTERVALS TO BOOST HEART RATE AND BURN CALORIES

**LES MILLS BODY BALANCE**  
INSPIRED BY YOGA AND PILATES, BODY BALANCE USES A RANGE OF MOVEMENTS SET TO MUSIC TO IMPROVE BODY & MIND

**LES MILLS DANCE**  
GREAT TUNES, GREAT MOVES, AND NO DANCE EXPERIENCE REQUIRED!

**LES MILLS BODY ATTACK**  
A WORKOUT COMBINING ATHLETIC MOVEMENTS DESIGNED TO CHALLENGE YOUR LIMITS!

**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!

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

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

**STRENGTH FLOW**  
MIX OF PILATES-STYLE MOVEMENT & STRENGTH TRAINING. LIGHT WEIGHTS IN A SMOOTH, FLOWING FORMAT TO BUILD STRENGTH, BALANCE AND MOBILITY

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

**POWER PILATES**  
FEEL THE BURN WITHOUT THE BURNOUT! TAKE YOUR STRENGTH, BALANCE AND MOBILITY TO THE NEXT LEVEL

**LATIN DANCE FITNESS**  
EXPERIENCE THE VIBES OF A SPANISH FIESTA RIGHT HERE ON YOUR DOORSTEP WITH THIS TOTALLY UNIQUE FITNESS CLASS USING BASIC LATIN STEPS!

**GENTLE FIT**  
A GENTLE WORKOUT WITH ZERO IMPACT, NO FLOOR-WORK AND PERFECT FOR THOSE LOOKING WORK THE FULL-BODY WITHOUT RISK OF INJURY

**TRX(ADVANCED)**  
PERFECT FOR THOSE MORE EXPERIENCED ON THE TRX- LOOKING TO ENHANCE THEIR CURRENT TRX SKILLS AND STRENGTH

**RECOVERY**  
LIKE AN MOT- FOR YOUR BODY! A COMBINATION OF STRETCHING AND FOAM ROLLING TO SOOTHE ACHING MUSCLES

## SPIN STUDIO

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

**ENDURANCE CLUB**  
EXPECT CYCLING, ERGS AND RUNNING IN THIS ENDURANCE-BASED CLASS! ALL LEVELS WELCOME

## POOL

**AQUA FIT**  
FULL-BODY, LOW IMPACT WORKOUT INCLUDING CARDIO AND CORE, USING THE WATER AS RESISTANCE

**AQUA BLAST**  
THE ABOVE, BUT CONDENSED INTO 30 MINUTES!

## GIG STUDIO

**GIG CLUB/CIRCUITS/ABS**  
COMBINING CARDIO AND STRENGTH FOR A FUN AND DYNAMIC ROWING-BASED WORKOUT!

**HYBRID TRAINING**  
STRENTH ELEMENTS MEET FITNESS IN THIS FULL-BODIED WORKOUT DESIGNED TO GET YOU FITTER AND FASTER. ALL LEVELS WELCOME

## OUTDOOR GYM

**LADIES LIFT**  
SMALL-GROUP TRAINING FOR WOMEN WHO LIKE, OR WISH TO LEARN HOW TO LIFT SAFELY.

**FUNC STRENGTH**  
USING DUMBBELLS AND BARBELLS TO HELP YOU MOVE AND FEEL BETTER IN EVERYDAY LIFE. FORM, CONTROL AND DEVELOPING FULL-BODY STRENGTH

**CIRCUITS**  
FULL-BODY WORKOUT! DESIGNED FOR ALL LEVELS AND ABILITIES

**LBT**  
LEG, BUMS AND TUMS- THE CLASSIC LOW-BODY WORKOUT!

**BODYBUILDING**  
STRENGTHEN, SCULPT, BURN. EXPECT BARBELLS, DUMBBELLS AND KETTLEBELLS

## TENNIS COURTS

**TENNIS CLUB**  
FITNESS, DRILLS & GAME-PLAY IN A FUN AND NO-PRESSURE ENVIRONMENT!

## BEACH/LAWN

**COAST CARDIO**  
FUN, HIGH ENERGY FITNESS BY THE COAST CONDENSED INTO A 30-MINUTE BLAST!

**RUN CLUB**  
ENJOY A MORE SOCIAL SIDE TO RUNNING WITHIN A CLUB- A SAFE AND SUPPORTIVE ENVIRONMENT TO EXPLORE THE LOCAL COAST-LINE!

**IMMERSIVE SESSIONS**  
YOUR FAVOURITE WELLNESS SESSIONS, DONE SILENT DISCO STYLE! ENJOY THE MUSIC, THE VIBES, THE OUTDOORS

**BEACH BOOTCAMP**  
FUN, HIGH ENERGY WORKOUT WITH A GORGEOUS GYLLY BACKDROP. DESIGNED FOR ALL LEVELS!

PLEASE BRING YOUR OWN MAT TO THE BEACH AND THE LAWN.