



CLASS TIMETABLE

Monday

7:00	Sunrise Yoga	60m
7:00	Spin	45m
9:00	Aqua (circuits)	55m
9:30	Rigged	45m
9:40	Yoga (intermediate)	60m
10:15	Spin	45m
10:45	Yoga (therapeutic)	60m
12:00	Total Body Workout	30m
12:45	Hot Stretch	45m
14:00	Aqua (circuits)	45m
17:30	Spin	45m
17:30	Body Pump	45m
18:30	Body Attack	45m
18:30	Spin	45m
18:20	Gig & Abs	30m
19:20	Barre	60m

Tuesday

6:30	Body Pump	45m
7:20	Pilates	55m
9:00	Aqua (circuits)	45m
9:15	Spin	45m
9:15	Body Pump	55m
10:15	Spin	45m
10:20	CX Worx	30m
10:30	Get Up & Gig	45m
11:00	Pilates (beginner)	60m
12:15	Pilates (intermediate)	60m
14:15	Aqua (circuits)	45m
17:30	Rigged	45m
17:30	Spin	45m
17:30	Core Blast	30m
18:15	Body Combat	55m
18:30	Gig & Gain	45m
18:30	Spin	45m
19:25	Yoga (therapeutic)	60m
19:30	Spin	45m

Wednesday

7:00	Body Pump	55m
8:15	Yoga (flow)	60m
9:00	Aqua (circuits)	45m
9:30	Punch n Crunch	30m
9:15	Strength Club	45m
10:15	Spin	45m
10:15	Hot Stretch	45m
10:30	Gig 101	45m
11:15	Body Balance	55m
11:30	Barbell Club	60m
12:30	Barre	60m
14:30	Healthy Life Fit	60m
17:30	CX Worx	30m
18:15	Pad Blast	45m
18:15	Body Combat	45m
18:15	Spin	45m
19:15	Body Pump	55m
20:30	Yoga (flow)	60m

Thursday

6:15	Spin	45m
7:00	Barre	45m
9:15	Begin 2 Spin	30m
9:30	Body Pump	55m
10:15	Spin & Shred	45m
10:45	Pilates (intermediate)	60m
12:00	Yoga (therapeutic)	60m
14:15	Aqua (circuits)	45m
17:30	Total Body Workout	30m
18:00	Spin	45m
18:15	Get up & Gig	35m
18:15	Zumba	55m
19:20	Body Balance	55m
20:30	Hot Stretch	45m

Friday

7:00	Sunrise Yoga	60m
8:10	Spin and Abs	45m
9:00	Aqua (circuits)	45m
9:00	Body Combat	55m
9:15	Begin 2 Spin	30m
10:10	Body Attack	55m
10:15	Spin	45m
11:20	Body Pump	45m
12:30	Body Balance	55m
13:40	Pilates (beginner)	60m
14:45	Pilates (intermediate)	60m
17:30	Spin	45m
18:30	Rigged	45m
19:30	Hot Stretch	45m

Saturday

8:15	Spin	45m
8:20	Body Balance	55m
9:15	Spin	45m
9:30	Total Body Workout	55m
10:15	Spin	45m
11:00	Pilates (general)	60m
14:30	Movement & Mobility	60m
18:30	Cinematic Spin	45m

Sunday

8:30	Pilates (general)	60m
9:30	Spin	45m
9:45	Body Pump	45m
11:00	CX Worx	30m
17:00	Workout of the Week	45m
18:00	Spin	45m
19:00	Core Blast	30m

CLASS DESCRIPTIONS

MAIN STUDIO

LES MILLS BODY PUMP

The Original Bar Bell workout! Using a range of weights with lots of reps, Body Pump gives you a total body workout that burns lots of calories.

LES MILLS BODY COMBAT

A high energy Martial Arts inspired workout. You'll learn how to Punch and your way to superior fitness and strength.

LES MILLS BODY ATTACK

A high-energy class that combines Athletic movements such as running, jumping and lunging with strength exercises such as push ups and squats.

LES MILLS BODY BALANCE

Inspired by Yoga and Pilates. Body Balance uses a range of movements set to music that will improve your Mind, Body and Life.

LES MILLS CX WORX

30-minute core training workout designed by **Les Mills** which uses your body weight, resistance tubing and weights to tighten and tone.

YOGA

Develop your mobility and strength and progress through different movements to find your inner Zen.

PILATES

Focus on posture, strength and flexibility. It is suitable for people of all ages and fitness levels.

BARRE

Inspired by Pilates and ballet moves but requires **NO** previous dance experience! Strengthen, stretch and tone your body.

PUNCH AND CRUNCH

Punch your way to toned arms! Crunch your way to a flat stomach. Guaranteed fun filled session!

HEALTHY LIFE FIT

A low impact class that focuses on a mixture of cardio and resistance training for functionality.

HOT STRETCH

Developmental static stretching in a warm room.

SPIN STUDIO

SPIN

Full cycle workouts aimed for those looking to burn calories and get a great high-tempo workout.

SPIN & ABS

Saddle up, burn some calories and then work those core muscles! A class that's guaranteed to burn those love handles off!

SPIN & SHRED

A great mix between a calorie burning spin class and muscle toning strength work. This class takes place in the spin studio and main gym.

BEGIN 2 SPIN

New to the world of spinning? This 30-minute technique class will put the wheels in motion going through the basic set up to a full spin class.

CINEMATIC SPIN

A cycling class to the sound of the movies. Any requests? Let us know.

GYM FLOOR

RIGGED

A functional fitness class using our indoor rig. Learn compound lifts and accessories with this specific strength and technique class.

BARBELL CLUB

Basic lifts for beginners/ Heavy emphasis on form and those new to lifting can incorporate in their own programme.

PAD BLAST

Small group pad training. Learn boxing skills on the pads whilst having a fun and effective workout.

STRENGTH CLUB

Strength specific training on gym floor.

GIG STUDIO

GIG & GAIN

A great mix between calorie burning rowing and muscle toning strength work. This exciting class takes place in the gig studio and gym floor.

GET UP & GIG

An interval class which mixes intense rowing with full body exercises. Not for the faint hearted but guaranteed to get you going.

GIG 101

A technique and conditioning based class to improve your rowing.

Gig and Abs

Rowing for heart and lungs followed conditioning for core!

OUTDOOR GYM

BEACH BLAST

A full body, fat burning, bodyweight blast.

FIT CLUB

A combination of pad-work, interval and circuit training to burn fat fast –Bootcamp style ☺

SWIMMING POOL

AQUA (CIRCUITS)

Loads of different stations to work hard and burn those calories. A great way to stay active while having lots of fun.

AQUA (AEROBICS)

A fun aerobics style workout in the water.

YOUR KEY TO FITNESS



Cardio Based - For Burning Fat, Improved Cardiovascular Health and all-round Fitness



Resistance/Tone - Ideal if your goals are focused around creating a leaner physique



Fun loving - These classes are based on enjoyment and making new fitness friends!



Mind, Body and Soul - These classes will help relax, de-stress and unwind