

MON		TUE		WED		THU		FRI		SAT		SUN	
		Spin & Abs Fronzie	7.15 8.15			<b>Bootcamp Twahir</b>	<b>7.15 8.00</b>	Open Vinyasa Emily	7.30 8.15	Pilates Rebecca	08.30 09.15		
HIIT Intervals Phil	7.30 8.00	Fitball Fronzie	10.00 10.45	<b>Kundalini Lizzie</b>	<b>9.30 10.15</b>	Myofascial Yoga Arabella	9.30 10.30	Flex Yoga Viviane	9.30 10.15	<b>Kettlebells Twahir</b>	<b>9.15 10.00</b>	Yoga-Lates Emily	10.15 11.00
Myofascial Yoga Arabella	9.30 10.30	Legs, Bum, Tum Sarah	13.00 13.45	Booty Burn Xaynia	13.00 13.45	Full Body Sarah	12.15 13.00	<b>Myofascial Release Arabella</b>	<b>10.45 11.45</b>	Sat. Yoga Annabelle	10.15 11.00	Plyometrics Twahir	11.15 12.00
Myofascial Yoga Arabella	10.45 11.45	BARRE Fit Xaynia	17.30 18.15	Bootcamp Phil	18.15 19.00	Pilates Louise	13.00 13.45	Pilates Danielle	12.15 13.00	<b>Core + Glutes Twahir</b>	<b>11.00 11.45</b>	Dynamic Yoga Chris	15.30 16.30
Core Fit Sarah	12.30 13.15	Vinyasa Yoga Emily	19.30 20.15			Fitness Yoga Annabelle	17.15 18.00	<b>Full Body Fri Twahir</b>	<b>17.30 18.15</b>	Ballet Fit Xaynia	12.00 12.45		
Booty-Burner Xaynia	17.45 18.30					Kick Fit Fronzie	18.15 19.00						
<b>Foam Rolling Twahir</b>	<b>18.45 19.30</b>												

**v2 Q3 2024**



# FASTER. BETTER. STRONGER.

HIIT: A fast paced interval training class to energise and keep you strong.

Core : An intense class, working the whole core.

Circuits: Strength & resilience training going from 'station' to 'station'.

Kettlebells: A full body workout using kettlebells and other weights.

Full Body: Varied 'stations' in Tabata style working full body!

HIIT fit: Cardio and strength class high intensity interval training.

LBT: A fun workout aimed to tone those Legs, Bums & Tums!

Spin: Indoor cycling that pushes your endurance levels.

Bootcamp: A great workout full of energy!

Plyometrics: A series of explosive body weight resistance exercises, to increase strength.

Booty Burner: Intensive & fun movement to music, focusing on everything lower body.

Open Vinyasa: For all building stamina, strength & alignment for a positive start to the day!

Mobility Condition: An easy paced class helping functional re-hab and core.

Ashtanga Vinyasa Yoga: Synchronising breath and movement.

Flow Yoga: Strengthening, lengthening, and re-balancing.

Bliss Yoga: Energising movements to strengthen & Unwinding through meditation.

FitBall: A fitness class utilizing the benefits of the Swiss Ball, aiding core and posture.

Pilates: Designed to target core stability, flexibility and mobility.

Power/Dynamic Yoga: A more intense style of Flow with core holds—strength.

Flex Yoga: Focusing on mobility with strength.

Yin & Yang Yoga: A combination of dynamic and postures. A great mix!

Yoga-Lates: Pilates mixed with yoga for a great strength and posture workout.

Myofascial Movement: A functional approach to yoga, training the myofascial system.

Barre fit: Using ballet based exercises for increased core strength & structure

Kundalini Yoga: Connecting to the body through breath and pose.

Flex Strength: Movement, strength, core and rehab in one.

***Health club opening times: Mon-Fri 06.30—21.30 Sat + Sun 08.00—19.30***

***We start to close the Spa and Gym areas 30 mins prior to the club closing time***