

CLASS TIMETABLE.

LETS GET STARTED.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Body Blast 6.45-7.30am (45mins)	Spin 6.45-7.30am (45mins)	Circuits 6.45-7.30am (45mins)	Dimensions HIIT 6.45-7.30am (45mins)	Tabata HIIT 6.45-7.25am (40mins)
-	-	Rig HIIT 12.30-1.00pm (30mins)	-	Spin 12.30-1.00pm (30mins)
Boxercise 4.15-4.55pm (40mins)	Combat Conditioning 4.15-4.55pm (40mins)	-	Boxercise 4.15-4.55pm (40mins)	Functional Fitness 2.30-3.00pm (30mins)
Spin 5.00-6.00pm (60mins)	Hatha Yoga 5.00-6.00pm (60mins)	Spin 4.45-5.45pm (60mins)	Hatha Yoga 5.00-6.00pm (60mins)	-

RIG HIIT

Intense total body workout combining functional training stations with cardio "HIIT" intervals, using our brand-new Rig, to improve strength and fitness.

TABATA HIIT

Intensive bursts of cardiovascular, upper strength, lower strength, arms, core & bonus stage. 20 seconds worth of MAX effort / 10 seconds worth of rest in 8 cycles per section.

DIMENSIONS HIIT

3 different versions of HIIT training - CARDIO, TOTAL & STRENGTH. 40 seconds of MAX effort / 20 seconds rest - 6 cycles per section. All versions are designed to push the body to achieve in every aspect.

YOGA

Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing.

SPIN

High Intensity, motivating, cardiovascular, calorie burner, involving the use of exercise bikes in a group environment.

CIRCUITS

An Intensive and energetic total body workout, combining muscular endurance stations with short bursts of cardio, to improve fitness and strength whilst working at your own level.

BODY BLAST

Body Blast is a toning and strengthening class to improve muscle, tone and definition. Be ready for a challenging class that will help you to achieve a sculpted, toned physique. A Cardio-Weights session designed to tick all the boxes.

BOXERCISE

Based on the principles of boxing training, but not competitive or sparring. Classes suitable for all levels and can take a variety of formats including circuits, shadowboxing, heavy bag work, pad work and conditioning (skipping, press ups etc.).

COMBAT CONDITIONING

This Group Sparring class is high intensity involving the principles of Boxercise. It's a rhythmic, calorie burning and challenging class designed to keep you moving whilst conditioning your cardiovascular system. Suitable for all levels and no prior Boxercise knowledge is needed to participate in this fun class.

HATHA YOGA

An ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. The main components of Hatha are asana (postures), each designed to increase strength, flexibility, or to relieve stress, and breathing to help clear the mind and feel more grounded.

FUNCTIONAL FITNESS

While using various muscles in the upper and lower body at the same time, functional fitness exercises also emphasize core stability.