

CLASS TIMETABLE

22ND DECEMBER - 4TH JANUARY

| MONDAY 22ND | | | |
|----------------|---------------------------|--------------------|-----------|
| 7:00 - 7:45 | Circuits | Studio | Danny |
| 9:40 - 10:25 | Spin | Spin Studio | Ellie |
| 10:30 - 11:15 | Body Sculpt | Studio | Ellie |
| 10:30 - 11:15 | Aqua | HealthSpa | Maxine |
| 10:30 - 11:30 | Slow Flow Yoga | Yoga Cabin | Vina |
| 11:45 - 12:45 | Pilates | Yoga Cabin | Sophie |
| 12:00 - 12:45 | Strength | Gym Floor | Conrad |
| 17:15 - 18:00 | Pilates | Yoga Cabin | Bea |
| 18:15 - 19:00 | Circuits | Studio | Charlotte |
| 19:05 - 20:05 | Jazz Dance | Studio | Charlotte |
| TUESDAY 23RD | | | |
| 9:00 - 10:00 | Run Club | Meet outside Flo's | Dan |
| 9:30 - 10:30 | Rhythm & Abs | Spin Studio | Cameron |
| 9:30 - 10:15 | Hiit | Studio | Ellie |
| 10:00 - 11:00 | Pilates | Yoga Cabin | Bea |
| 10:30 - 11:20 | Total Body Workout | Studio | Cameron |
| 11:15 - 12:00 | Seated Yoga | Yoga Cabin | Bea |
| 12:15 - 13:15 | Hatha Yoga | Yoga Cabin | Rebekah |
| 18:15 - 19:00 | Pilates | Yoga Cabin | Rebekah |
| 18:15 - 19:00 | Functional Fitness | The Box | Danny |
| 19:30 - 20:15 | Step and Tone | Studio | Mandy |
| WEDNESDAY 24TH | | | |
| 9:00 - 9:55 | Reformer Pilates* | Yoga Cabin | Aniko |
| 9:30 - 10:15 | Freestyle Pump | Studio | Rebekah |
| 9:30 - 10:15 | Functional Fitness | The Box | Shannon |
| 10:00 - 12:00 | Cycle Club | Meet outside XIX | Simon |
| 10:15 - 11:15 | Pilates | Yoga Cabin | Aniko |
| 11:30 - 12:15 | Low Impact Aerobics | Studio | Rebekah |
| 11:30 - 12:45 | Vinyasa Flow | Yoga Cabin | JC |
| 12:30 - 13:15 | Barre | Studio | Rebekah |
| 13:00 - 14:00 | Restore & Rejuvenate | Yoga Cabin | JC |
| 15:00 - 15:45 | Functional Fitness | The Box | Danny |
| THURSDAY 25TH | | | |
| No Classes | | | |
| FRIDAY 26TH | | | |
| 8:30 - 9:15 | Functional Fitness | The Box | Luke |
| 9:30 - 10:15 | Stages Cycle | Spin Studio | Luke |
| 10:45 - 11:45 | Restorative | Yoga Cabin | Vina |
| SATURDAY 27TH | | | |
| 7:45 - 8:40 | Reformer Pilates* | Yoga Cabin | Kerry |
| 8:00 - 8:45 | Circuits | Studio | Joanna |
| 8:30 - 9:15 | Boxfit | The Box | Danny |
| 9:00 - 9:55 | Legs, Bums & Tums | Studio | Kerry |
| 9:00 - 10:00 | Run Club | Meet outside Flo's | Dan |
| 9:05 - 10:05 | Pilates for Pelvic | Yoga Cabin | Rebekah |
| 9:30 - 10:15 | Stages Cycle | Spin Studio | Simon |
| 10:15 - 11:00 | Pilates | Yoga Cabin | Kerry |
| 10:30 - 11:15 | Functional Fitness | The Box | Joanna |
| 11:30 - 12:15 | Stretch and Relax | Yoga Cabin | Kerry |
| 12:00 - 12:45 | Family Functional Fitness | The Box | Joanna |

| SUNDAY 28TH | | | |
|----------------|----------------------|------------------|-----------|
| 9:15 - 10:00 | Body Conditioning | Studio | Rebekah |
| 9:30 - 10:45 | Hatha Yoga | Yoga Cabin | Vina |
| 10:00 - 12:00 | Cycle Club | Meet outside XIX | Simon |
| 10:10 - 11:10 | Stages Cycle | Spin Studio | Neil |
| 10:15 - 11:00 | Weighted Workout | Studio | Rebekah |
| 10:55 - 11:55 | Restorative | Yoga Cabin | Vina |
| 11:15 - 12:00 | Dance Fitness | Studio | Lauren |
| MONDAY 29TH | | | |
| 7:00 - 7:45 | Circuits | Studio | Danny |
| 9:40 - 10:25 | Spin | Spin Studio | Ellie |
| 10:30 - 11:15 | Body Sculpt | Studio | Ellie |
| 10:30 - 11:15 | Aqua | HealthSpa | Maxine |
| 10:30 - 11:30 | Slow Flow Yoga | Yoga Cabin | Vina |
| 11:45 - 12:45 | Pilates | Yoga Cabin | Maxine |
| 17:15 - 18:00 | Pilates | Yoga Cabin | Bea |
| 18:15 - 19:00 | Circuits | Studio | Charlotte |
| 19:05 - 20:05 | Jazz Dance | Studio | Charlotte |
| TUESDAY 30TH | | | |
| 9:30 - 10:30 | Rhythm & Abs | Spin Studio | Cameron |
| 9:30 - 10:15 | Body Sculpt | Studio | Magda |
| 10:00 - 11:00 | Pilates | Yoga Cabin | Bea |
| 10:35 - 11:20 | Total Body Workout | Studio | Cameron |
| 11:15 - 12:00 | Seated Yoga | Yoga Cabin | Bea |
| 12:15 - 13:15 | Hatha Yoga | Yoga Cabin | Rebekah |
| 18:15 - 19:00 | Pilates | Yoga Cabin | Amanda |
| 18:15 - 19:00 | Functional Fitness | The Box | Danny |
| WEDNESDAY 31ST | | | |
| 9:00 - 9:55 | Reformer Pilates* | Yoga Cabin | Aniko |
| 9:30 - 10:15 | Functional Fitness | The Box | Shannon |
| 10:00 - 12:00 | Cycle Club | Meet outside XIX | Simon |
| 10:15 - 11:15 | Pilates | Yoga Cabin | Aniko |
| 10:30 - 11:15 | Barbell Circuits | Studio | Joanna |
| 11:30 - 12:15 | Low Impact Aerobics | Studio | Rebekah |
| 11:30 - 12:45 | Vinyasa Flow | Yoga Cabin | JC |
| 12:30 - 13:15 | Barre | Studio | Rebekah |
| 13:00 - 14:00 | Restore & Rejuvenate | Yoga Cabin | JC |
| 15:00 - 15:45 | Functional Fitness | The Box | Danny |
| THURSDAY 1ST | | | |
| 10:30 - 11:15 | Barbell Circuits | Studio | Joanna |
| 11:30 - 12:15 | Functional Fitness | The Box | Magda |
| 12:30 - 13:15 | Pilates | Yoga Cabin | Magda |
| FRIDAY 2ND | | | |
| 8:00 - 8:55 | Intro to Reformer* | Yoga Cabin | Megan |
| 8:30 - 9:15 | Functional Fitness | The Box | Luke |
| 9:30 - 10:15 | Stages Cycle | Spin Studio | Luke |
| 9:30 - 10:15 | Body Sculpt | Studio | Magda |
| 9:30 - 10:15 | Functional Fitness | The Box | Conrad |
| 9:30 - 10:30 | Joint Release | Yoga Cabin | Vina |
| 10:45 - 11:30 | Restorative Pilates | Yoga Cabin | Amanda |
| 13:15 - 14:15 | Pilates | Yoga Cabin | Magda |
| 16:00 - 16:55 | Reformer Pilates* | Yoga Cabin | Kerry |
| 17:15 - 18:15 | Pilates and Stretch | Yoga Cabin | Kerry |

CLASS TIMETABLE

22ND DECEMBER - 4TH JANUARY

| SATURDAY 3RD | | | |
|---------------|--------------------|--------------------|---------|
| 7:45 - 8:40 | Reformer Pilates | Yoga Cabin | Kerry |
| 8:00 - 8:45 | Circuits | Studio | Joanna |
| 9:00 - 9:55 | Legs, Bums & Tums | Studio | Kerry |
| 9:00 - 10:00 | Run Club | Meet outside Flo's | Dan |
| 9:05 - 10:05 | Pilates for Pelvic | Yoga Cabin | Rebekah |
| 9:30 - 10:15 | Stages Cycle | Spin Studio | Simon |
| 10:15 - 11:15 | Pilates | Yoga Cabin | Kerry |
| 10:30 - 11:15 | Functional Fitness | The Box | Joanna |
| 11:30 - 12:15 | Stretch and Relax | Yoga Cabin | Kerry |
| SUNDAY 4TH | | | |
| 8:45 - 9:30 | Functional Fitness | The Box | Shannon |
| 9:15 - 10:00 | Body Conditioning | Studio | Rebekah |
| 9:30 - 10:45 | Hatha Yoga | Yoga Cabin | Vina |
| 10:00 - 12:00 | Cycle Club | Meet outside XIX | Simon |
| 10:10 - 11:10 | Stages Cycle | Spin Studio | Neil |
| 10:15 - 11:00 | Weighted Workout | Studio | Rebekah |
| 10:55 - 11:55 | Restorative Yoga | Yoga Cabin | Vina |
| 11:30 - 12:00 | Dance Fitness | Studio | Lauren |

Low Impact Aerobics This class is for people of all fitness levels. Get your body moving in a way that will improve your overall flexibility, strength, and fitness with low impact exercises that are joint-friendly.

Reformer Pilates For those looking to home in on precise core movements and benefit from resistance and feedback from our Reformer machines, this is an opportunity to take your pilates training to the next level.

Restorative Pilates The movement sequence of Restorative Pilates re-trains the fundamental movement patterns we need in our body to properly connect the diaphragm, pelvic floor, and core and ultimately help you to restore a healthier, more functional, efficient body.

Restorative Yoga A gentle, slow, and still style of yoga that involves long, passive holds through a series of 4-6 restful poses. Props are used to enhance or deepen their experience and achieve a state of total relaxation and release.

Seated Yoga Yoga using a chair, for those who want to improve their flexibility, tone and breath, whilst reducing stress. In this class you will do modified twists, bends, and stretches.

Slow Flow Yoga A gentle class to allow you to find space and enjoy poses, whilst maintaining the rhythm of a flow class.

Step and Tone Fun choreography incorporating a low step, dumbbells and great music for a whole-body workout – perfect for all fitness levels.

Vinyasa Yoga One posture flows into the next using the breath, in a way that allows the movements to feel connected and thoughtful. Vinyasa generates a heat that is not often found in other practices, incorporating a cardiovascular element.

Weighted Workout This workout is great for those who love strength training in the studio. You will leave the studio feeling strong and accomplished.

Aqua - Get fit whilst toning and shaping your body using the resistance of water. Our skilled instructors and energising music will provide you with a great workout, whilst having fun and burning calories.

Barbell Circuits - Challenge yourself with this resistance focused circuits class, with movement to target your whole body and build strength and improve tone, using barbells and dumbbells.

BarreConcept - This unique workout combines the elements of Pilates, yoga, resistance training and ballet into a highly effective regime performed on the mat and at a ballet barre. The effect is a long, lean dancer's body without being a dancer.

Body Conditioning - A high energy cardio and resistance workout that is great for fat burning. A combination of aerobics, weights and floor work will work your whole body to high energy music!

Circuits - Work your way through cardio, strength and endurance exercises, using a range of equipment and for different work to rest ratios. Perfect for improving cardiovascular fitness and building strength all in one.

Freestyle Pump - This toning and conditioning workout class is great for those who want to add strength training to their workout, using the music to guide your repetitions. You will leave the studio feeling strong and accomplished, with high repetitions working from head to toe!

Functional Fitness - Our bespoke workout in The Box. 45 minutes working around four stations featuring all the good stuff - battle ropes, slam balls, boxing, plyometric boxes and kettlebells. The perfect class if you want to build fitness, burn calories, and sweat.

Hatha Yoga - Connect your mind and body through breathing and delve into the asana practice of yoga that will guarantee you feeling energised and stretched. This class is suitable for all levels and offers variations.

HIIT - This offers the ultimate workout to kick-start your training, using a mixture of equipment and bodyweight to put you through your paces.

Jazz Dance - Suitable for beginners to intermediate level dancers, you'll learn steps to build a routine in this social dance class full of fun. Please book online under Fitness 48 hours in advance.

Legs, Bums & Tums - An easy-to-follow toning and strengthening class that focuses on toning your core, legs and glutes.

Pilates - These classes are excellent for improving posture, core strength and aligning the body correctly. Pilates also teaches coordination, concentration and control of the body.

Abs & Core A 25-minute focused session to target abdominals, obliques, lower back and glutes.

Body Sculpt - A low impact, full body mat workout. Conditioning and strengthening for a sculpted physique, and a great high energy workout to compliment cardio and high impact workouts.

BoxFit - A high-energy, non-contact workout inspired by boxing training techniques. This class combines pad work, shadowboxing, cardio drills, and bodyweight exercises to improve your strength, endurance, coordination, and agility. Suitable for all fitness levels.

Family Functional Fitness Train with your kids in this class in our studio The Box, suitable for junior members aged 8 years and over when accompanied by an adult. A great workout for developing coordination, agility and fitness for all ages (1 adult can accompany 2 children.)

Intro to Pilates Whether you are brand new to pilates, or wanting to get back to it, this class is the perfect opportunity to learn about core activation, thoracic breathing and alignment. Work through the fundamental pilates moves, which will be taken further in our other pilates classes.