

CLASS TIMETABLE

MON

● HYROX FITNESS TEAM	M	6:45 - 7:15
● PILATES JACQUI	LR	8:00 - 8:45
● AQUA JACQUI	P	9:00 - 9:45
● MUSCLE BLITZ ALEX.R	S1	9:00 - 9:45
● HATHA JENNIFER.J	LR	9:15 - 10:15
● INDOOR CYCLING VIKKI.G	SS	9:15 - 10:00
● HILO VIKKI.G	S1	10:00 - 10:45
● TOTAL BODY BLITZ ALEX.R	M	10:00 - 10:45
● PILATES ZANNAH.C	LR	10:30 - 11:30
● YOGALATES VIKKI.G	S1	11:00 - 11:45
● UPPER BODY WEIGHTS VIKKI.G	S1	12:00 - 12:30
● HYROX FITNESS TEAM	M	12:30 - 13:00
● TAI CHI ROD	S1	12:30 - 13:15
● 60+ CIRCUITS JOE.W	M	13:30 - 14:15
● CARDI TONE JOE.W	M	18:00 - 18:45
● VIBE CYCLE JAMES.T	SS	18:00 - 18:45
● MUSCLE BLITZ JO.L	S1	18:30 - 19:15
● INDOOR CYCLING JOSH.B	SS	19:00 - 19:45
● KETTLEBELLS JAMES.T	M	19:00 - 19:45
● BOXING SELVIN	S1	19:30 - 20:15

TUES

● HYROX FITNESS TEAM	M	6:45 - 7:15
● AQUA CHARLOTTE	P	9:00 - 9:45
● HILO VIKKI	S1	9:00 - 9:45
● HATHA JOANNA.J	LR	9:00 - 10:00
● BOOTCAMP ABBY	M	9:15 - 10:00
● REBOUNding VIKKI.G	S1	10:00 - 10:30
● HATHA JOANNA.J	LR	10:15 - 11:15
● STRENGTH CONDITIONING JOE.W	M	10:30 - 11:00
● WEIGHT TRAINING VIKKI.G	S1	10:45 - 11:30
● PILATES ZANNAH.C	LR	11:30 - 12:30
● STRETCH VIKKI.G	S1	11:35 - 12:05
● TAI CHI GLEN	S1	12:45 - 13:35
● 60+ CIRCUITS GRACE	M	13:30 - 14:15
● MEDITATION ELLE	LR	14:00 - 15:00
● WEIGHT TRAINING JAMES.T	M	17:30 - 18:15
● VINYASA YOGA SOPHIE	LR	18:00 - 18:45
● CORE JAMES.T	S1	18:15 - 19:00
● WEIGHT TRAINING VERITY	M	18:30 - 19:15
● BEGINNERS SPIN JOSH.B	SS	18:45 - 19:15
● AQUA JAMES.T	P	19:15 - 19:45
● BEGINNERS YOGA SOPHIE	LR	19:30 - 20:30

WED

● HYROX FITNESS TEAM	M	6:45 - 7:15
● LBT VIKKI.G	S1	9:00 - 9:45
● BARBELLS & DUMBBELLS ABBY	M	9:00 - 9:45
● PILATES ZANNAH.C	LR	9:30 - 10:30
● REBOUNding VIKKI.G	S1	9:55 - 10:25
● FULL BODY SCULPT VIKKI.G	S1	10:30 - 11:00
● HATHA ZANNAH.C	LR	10:45 - 12:00
● CARDIO TENNIS MICHAEL.C	TC	11:00 - 11:45
● TAI CHI GLEN	S1	11:15 - 12:05
● INDOOR CYCLING VIKKI.G	SS	11:30 - 12:00
● HYROX FITNESS TEAM	M	12:00 - 12:30
● YOGALATES VIKKI.G	S1	12:15 - 13:00
● TOTAL BODY BLAST JOE.W	M	13:00 - 13:30
● 60+ CIRCUITS JOE.W	M	13:30 - 14:15
● HATHA FLOW YOGA VANESSA.B	LR	17:30 - 18:15
● MUSCLE BLITZ GRACE	M	18:00 - 18:45
● KETTLEBELLS SELVIN	M	18:30 - 19:15
● INDOOR CYCLING JOSH.B	SS	18:30 - 19:15
● METABOLIC CONDITIONING JOSH.B	M	19:30 - 20:15

THUR

● HYROX FITNESS TEAM	M	6:45 - 7:15
● HIIT GEORGINA	M	7:15 - 7:45
● PILATES JACQUI	LR	8:00 - 8:45
● AQUA JACQUI	P	9:00 - 9:45
● PILATES JOANNA.S	LR	9:15 - 10:00
● WEIGHT TRAINING ALEX.R	M	9:15 - 10:00
● REBOUNding VIKKI.G	S1	9:30 - 10:00
● CORE VIKKI.G	S1	10:00 - 10:30
● HATHA SU.T	LR	10:15 - 11:15
● INDOOR CYCLING VIKKI.G	SS	11:00 - 11:45
● PILATES JOANNA.S	LR	11:30 - 12:05
● FOAM ROLLING VIKKI.G	S1	11:35 - 12:05
● TAI CHI GLEN	S1	12:15 - 13:05
● TOTAL BODY BLAST JOE.W	M	13:00 - 13:30
● 60+ CIRCUITS GEORGINA	M	13:45 - 14:30
● HATHA VANESSA.B	LR	17:15 - 18:30
● BODY BLAST SU.T	LR	18:00 - 18:45
● AQUA JAMES.T	P	18:30 - 19:15
● BOXING JOSH.B	M	18:30 - 19:15
● BEGINNERS PILATES SU.T	LR	19:00 - 19:45
● KETTLEBELLS JAMES.T	M	19:30 - 20:15

FRI

● HYROX FITNESS TEAM	M	6:45 - 7:15
● WAKE UP & RESTORE JACQUI	LR	8:00 - 8:45
● AQUA JACQUI	P	9:00 - 9:45
● PILATES LUCY.G	LR	9:00 - 9:45
● HILO VIKKI.G	S1	9:15 - 10:15
● HIIT ALEX.R	M	9:00 - 9:30
● CORE ALEX.R	M	9:35 - 10:05
● HATHA ELLE	LR	10:05 - 11:20
● MUSCLE BLITZ VIKKI.G	LR	10:15 - 11:00
● COMBAT FITNESS VIKKI.G	S1	11:15 - 11:45
● CARDIO TENNIS MICHAEL.C	TC	11:30 - 12:15
● PILATES SU.T	LR	11:30 - 12:30
● HYROX FITNESS TEAM	M	12:00 - 12:30
● STRETCH VIKKI.G	S1	12:00 - 12:30
● 60+ CIRCUITS GRACE	M	13:00 - 13:45
● CARDI TONE JOE.W	M	17:30 - 18:15
● BOXING SELVIN	S1	18:00 - 18:45
● STRETCH JOE.W	M	18:15 - 18:45

SAT

● INDOOR CYCLING ABBY	SS	8:15 - 9:00
● HATHA FLOW YOGA JULIA	LR	9:00 - 9:55
● MUSCLE BLITZ SELVIN	S1	9:15 - 10:00
● SWEATCON JOE	M	9:30 - 10:00
● CORE JOE	S1	10:15 - 10:45
● STRETCH JOE	S1	10:50 - 11:20

SUN

● CORE SELVIN	S1	9:00 - 9:30
● BOOTCAMP ABBY	M	9:30 - 10:15
● INDOOR CYCLING JOSH.B	SS	9:30 - 10:15
● KETTLEBELLS SELVIN	M	10:30 - 11:15
● BOXING JOSH.B	S1	10:30 - 11:15
● HYROX FITNESS TEAM	M	11:30 - 12:00
● HATHA FLOW ELLA	S1	17:15 - 18:00

Class Type

- Cardio
- Toning
- Wellbeing
- Dance Based
- Water Based
- Cycling

Location

- TC Tennis Court
- S1 Studio 1
- M Mezzanine
- SS Spin Studio
- LR Lantern Room
- P Pool

ABOUT OUR CLASSES

● Muscle Blitz

A body conditioning class using our rebook studio barbells and weights focusing on low weight and high repetition to burn fat and gain strength.

● Cardi Tone

Using a mixture of cardio exercises & body weight circuit exercises while consisting of lower intensity toning exercises using weights &/or body weight to tone the muscles.

● Barbells & Dumbbells

It's a fun strength- building class that's perfect for everyone. Learn proper form and technique in a supportive environment.

● Vinyasa Yoga

Stretchy, dynamic yoga flow with elements of balance and challenge. Connect your mind, body and breath. Leave feeling reset.

● LBT

Strengthen & tone all the major muscle in your legs, glutes & core, using a mixture of bodyweight & optional weighted exercises.

● Core / Core Conditioning

Low impact strength training class, get stronger, improve your posture and keep your joints healthy.

● 60+ Circuits

A mix of fun, intense cardio & resistance exercises designed to help shred fat & tone muscle.

● Bootcamp

Mixture of body weight exercises & equipment exercises working with interval & strength training.

● Full Body Sculpt

A fusion of cardio & full body conditioning using only your body weight.

● Weight Training

Using a mix of dumbbells, barbells & kettlebells for a full body session.

● Upper Body Weights

Working on the upper body helping develop a strong upper body & good posture.

● Kettlebells

Using kettlebells for a variety of exercises that improve strength, cardio & balance.

● Total Body Blast / Blitz

A fast paced strength & conditioning class, using a range of weights & cardio.

● Strength Conditioning

Wide ranges of exercises developed to build a variety of skills with a focus on the components of fitness.

● Aqua

A complete body workout where you can choose your own intensity level using flotation weights & woggles.

● Beginners Spin

Enhancing your cycling endurance, tailored for beginners.

● Indoor Cycling

Enhancing your cycling endurance & strength.

● Hilo

Choreographed aerobics class using old school moves.

● Pilates

A low impact conditioning class that helps activate the essential muscles around your core.

● Beginners Yoga

Getting you comfortable in the fundamental poses & can perform them with proper alignment.

● Yogalates

Fitness routine combining Pilates exercises with the postures & breathing techniques of yoga.

● Restorative Rollers

A slow paced recovery class incorporating foam rolling, stretching & mobility.

● Foam Rolling

Using foam rollers to relieve muscle tension & soreness.

● Stretch / & Flow

Mat class combining yoga / Pilates & development stretches.

● Wake Up & Restore

Whole-body stretch by combining Pilates & yoga to help you awaken, shake off grogginess & restore your sense of balance.

● Tai Chi

Gentle physical exercises & stretches. Each posture flows into the next without a pause, ensuring the body is in constant motion.

● Meditation

A guided visualisation meditation Practise meditation and breathwork. A deeply guided visualization journey for positive empowerment and a calming reset for the mind. Please bring a pillow or eye mask if you wish.

● Hatha / Flow Yoga

Combines physical postures, breathing techniques, meditation & relaxation to promote mental & physical well-being.

● Hyrox

Functional fitness class with high intensity, minimal rest and every second counts from sled push to burpee broad jumps.

● Sweatcon

A structured class for all abilities to work hard in with high repetitions and functional exercises.

● Hiit

High intensity interval training, giving 100% effort through quick intense bursts of exercise followed by short rest periods.

● Metabolic Conditioning

Combining strength, technique & cardio conditioning. Working on both anaerobic & aerobic exercises.

● Cardio Tennis

Fun, sociable group fitness class. Get to work on your tennis technique while playing high intensity games which get you moving & working hard.

● Rebounding

Zero impact exercise style by performing a series of small controlled movements to the beat of the music on mini trampolines.

● Boxercise / Boxhiit

Work on your boxing technique & cardio fitness. You will be paired with a partner switching out using the pads & gloves.

● Combat Fitness

A non-contact fitness class with a mixture of kickboxing and boxing.

Class Type

● Cardio ● Wellbeing ● Dance Based ● Toning ● Cycling ● Water Based