CLASS TIMETABLE

MON

- **HYROX** — GRACE, M, 6:45 - 7:15
- **PILATES** — JACQUI, LR, 8:00 - 8:45
- **AQUA** — JACQUI, P, 9:00 - 9:45
- **STUDIO STRENGTH** — ALEX.R, S1, 9:00 - 9:45
- **YOGA** — JENNIFER.J, LR, 9:10 - 10:10
- **INDOOR CYCLING** — VIKKI.G, SS, 9:15 - 9:45
- **HI/LO** — 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, 11:50 - 12:20
- **TAI CHI** — ROD, S1, 12:30 - 13:30
- **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
- **KETTLEBELLS** — JAMES.T, M, 19:00 - 19:45

TUES

- **HYROX** — ABBY, M, 6:45 - 7:15
- **YOGA** — JOANNA.J, LR, 8:00 - 9:00
- **AQUA** — CHARLOTTE, P, 9:00 - 9:45
- **LBT** — VIKKI, S1, 9:00 - 9:45
- **YOGA** — JOANNA.J, LR, 9:10 - 10:10
- **BOOTCAMP** — ABBY, M, 9:15 - 10:00
- **REBOUNDING** — VIKKI.G, S1, 10:00 - 10:30
- **YOGA** — JOANNA.J, LR, 10:20 - 11:20
- **STRENGTH CONDITIONING** — JOE.W, M, 10:30 - 11:00
- **WEIGHT TRAINING** — VIKKI G, S1, 10:45 - 11:30
- **PILATES** — ZANNAH.C, LR, 11:30 - 12:15
- **STRETCH** — VIKKI.G, S1, 11:35 - 12:05
- **TAI CHI** — GLEN, S1, 12:45 - 13:45
- **60+ CIRCUITS** — GRACE, M, 13:30 - 14:15
- **MEDITATION** — JULIA, LR, 14:00 - 15:00
- **WEIGHT TRAINING** — JAMES.T, M, 17:30 - 18:15
- **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** — JOANNA.J, LR, 19:30 - 20:30

WED

- **HYROX** — ABBY, M, 6:45 - 7:15
- **YOGA** — JOANNA.J, LR, 8:00 - 9:00
- **HI/LO** — VIKKI.G, S1, 9:00 - 9:45
- **BARBELLS & DUMBELLS** — ABBY, M, 9:00 - 9:45
- **PILATES** — ZANNAH.C, LR, 9:30 - 10:15
- **REBOUNDING** — VIKKI.G, S1, 9:55 - 10:25
- **FULL BODY SCULPT** — VIKKI.G, S1, 10:30 - 11:15
- **CARDIO TENNIS** — MICHAEL.C, TC, 11:00 - 12:00
- **TAI CHI** — GLEN, S1, 11:20 - 12:10
- **INDOOR CYCLING** — VIKKI.G, SS, 11:30 - 12:00
- **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
- **YOGA** — VANESSA.B, LR, 17:30 - 18:15
- **MUSCLE BLITZ** — GRACE, M, 18:00 - 18:45
- **INDOOR CYCLING** — JOSH.B, SS, 18:30 - 19.15
- **METABOLIC CONDITIONING** — JOSH.B, M, 19:30 - 20:15

THUR

- **HYROX** — ABBY, M, 6:45 - 7:15

This class runs every two weeks, please check dates before attending.

- **PILATES** — JACQUI, LR, 8:00 - 8:45
- **AQUA** — JACQUI, P, 9:00 - 9:45
- **WEIGHT TRAINING** — ALEX.R, M, 9:00 - 9:45
- **REBOUNDING** — VIKKI.G, S1, 9:15 - 9:45
- **PILATES** — SU.T, LR, 9:15 - 10:00
- **CORE** — VIKKI.G, S1, 10:00 - 10:30
- **YOGA** — SU.T, LR, 10:15 - 11:15
- **STRENGTH CONDITIONING** — JOE.W, M, 10:30 - 11:15
- **INDOOR CYCLING** — VIKKI.G, SS, 10:40 - 11:10
- **FOAM ROLLING** — VIKKI.G, S1, 11:15 - 11:45
- **PILATES** — SU.T, LR, 11:30 - 12:15
- **TAI CHI** — GLEN, S1, 12:15 - 13:05
- **60+ CIRCUITS** — GRACE / JESS, M, 13:45 - 14:30
- **YOGA** — VANESSA.B, LR, 17:15 - 18:00
- **BODY BLAST** — MEL / EMMA, LR, 18:00 - 18:45
- **AQUA** — JAMES.T, P, 18:30 - 19.15
- **BOXING** — JOSH.B, M, 18:30 - 19.15
- **YOGALATES** — HELEN, LR, 19:00 - 19:45
- **KETTLEBELLS** — JAMES.T, M, 19:30 - 20:15

FRI

- **HYROX** — GRACE, M, 6:45 - 7:15
- **WAKE UP & RESTORE** — JACQUI, LR, 8:00 - 8:45
- **AQUA** — JACQUI, P, 9:00 - 9:45
- **HIIT** — ALEX.R, M, 9:00 - 9:30
- **HI/LO** — VIKKI.G, S1, 9:15 - 10:15
- **PILATES** — SU.T, LR, 9:15 - 10:15
- **CORE** — ALEX.R, M, 9:35 - 10.05
- **WEIGHT TRAINING** — VIKKI.G, LR, 10:15 - 11:00
- **YOGA** — SU.T, LR, 10:25 - 11:25
- **COMBAT FITNESS** — VIKKI.G, S1, 11:15 - 11:45
- **CARDIO TENNIS** — MICHAEL.C, TC, 11:30 - 12:30
- **PILATES** — SU.T, LR, 11:30 - 12:15
- **STRETCH** — VIKKI.G, S1, 11:50 - 12:20
- **60+ CIRCUITS** — GRACE, M, 13:00 - 13:45
- **CARDI TONE** — JOE.W, M, 17:30 - 18:15
- **STRETCH** — JOE.W, M, 18:15 - 18:45

SAT

- **YOGA** — JULIA, LR, 9:00 - 9:55
- **SWEATCON** — JOE, M, 9:30 - 10:00
- **CORE** — JOE, S1, 10:15 - 10:45
- **STRETCH** — JOE, S1, 10:50 - 11:20

SUN

- **BOOTCAMP** — ABBY, M, 9:30 - 10:15
- **INDOOR CYCLING** — JOSH.B, SS, 9:30 - 10:15
- **BOXING** — JOSH, S1, 10:30 - 11:15
- **YOGA** — ELLA, LR, 17:15 - 18:15

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

ELEVATION HEALTH CLUB

Correct November 2026

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

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

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

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

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.

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.

Vibe Cycle
A music led spin class where the beat sets the RPM, riding through a mix of climbs, sprints and intervals with incredible playlists to push us through

Hi/Lo
Choreographed aerobics class using old school moves.

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

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

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

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

Foam Rolling
Using foam rollers to relieve muscle tension & soreness.

Stretch
Mat class combining yoga / Pilates & development stretches.

Beginners Pilates
A welcoming, low-impact class designed for beginners. Improve core strength, flexibility, posture, balance, and overall wellbeing through controlled, guided movements. No experience needed, open to all abilities'.

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

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.

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.

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

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.

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

Boxing
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.

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

Class Type

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

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