



CLASS TIMETABLE

MONDAY

06:10	LM RPM	VIRTUAL	50MIN
07:15	BEACHBOOTCAMP	GREG	45MIN
07:00	ASHTANGA YOGA	STEPH	60MIN
08:30	BODY PUMP	KELLY	45MIN
09:00	AQUA FIT	GREG	45MIN
09:15	LM TRIP	VIRTUAL	45MIN
09:30	PLATE-LIT	STEVEO	30MIN
10:15	BODY COND	GREG	45MIN
10:30	SPIN	LAUREN	45MIN
11:15	BODYBALANCE	BEX	55MIN
11:30	EXPRESS SPIN	GREG	30MIN
12:15	COASTNCARDIO	STEVEO	45MIN
12:30	HOT STRETCH	LAUREN	45MIN
14:15	BODY PUMP	LAUREL	45MIN
15:15	PILATES	JO	60MIN
17:00	LM TRIP	VIRTUAL	45MIN
17:15	CIRCUITS	LAUREL	30MIN
17:15	YOGA HATHA	MADDIE	60MIN
18:30	BODY PUMP	EMMA	45MIN
18:15	SPIN	LAUREL	45MIN
19:15	SPIN	LAUREL	45MIN
19:30	ZUMBA	AMY	55MIN
20:30	YOGA FLOW	MADDIE	60MIN

TUESDAY

06:30	LM SPRINT	VIRTUAL	30MIN
06:45	YOGA FLOW	RO	60MIN
07:00	BEACH BOOTCAMP	KAT	45MIN
08:00	PILATES(INTER)	REBA	60MIN
09:00	STRENGTH&CON	MILLIE	45MIN
09:15	PILATES(ADV)	REBA	60MIN
09:30	SPIN	AMY	45MIN
09:45	GIG CIRCUITS	KAT	30MIN
10:30	BODY PUMP	KELLY	55MIN
10:30	EXPRESS SPIN	STEVEO	45MIN
10:30	STRENGTH&CON	MILLIE	45MIN
11:45	BODY BALANCE	KELLY	55MIN
12:00	AQUA BLAST	MILLIE	30MIN
13:00	BARRE	KAT	45MIN
14:00	HOT STRETCH	BEX	45MIN
14:10	LM RPM	VIRTUAL	50MIN
14:30	CIRCUITS	GREG	30MIN
17:00	SPIN	GREG	45MIN
17:15	BODYBALANCE	KELLY	45MIN
18:00	EXPRESS SPIN	MILLIE	30MIN
18:15	BODY COMBAT	KELLY	55MIN
19:00	SPIN	MILLIE	45MIN
19:30	CORE WORK	GREG	30MIN
20:15	YOGARESTORATIVE	LUCIE	60MIN

WEDNESDAY

06:15	SPIN	CRAIG	45MIN
07:00	BARRE	KAT	30MIN
07:45	BODY ATTACK	KAT	30MIN
08:30	BEACH BOOTCAMP	KAT	30MIN
08:00	LM SPRINT	VIRTUAL	30MIN
09:00	YOGA FLOW	BEX	45MIN
09:10	LM RPM	VIRTUAL	50MIN
10:00	BODY COMBAT	KELLY	55MIN
10:15	SPIN	STEVEO	45MIN
11:15	HOT STRETCH	BEX	45MIN
12:00	AQUA BLAST	KELLY/STEVE	30MIN
13:00	PLATE-LIT	KAT	30MIN
13:45	CORE	KELLY	30MIN
14:30	POWER YOGA	IAN	45MIN
17:15	CIRCUITS	MILLIE	45MIN
17:15	LM SPRINT	VIRTUAL	45MIN
17:15	YOGA(BEGINNNER)	MADDIE	60MIN
18:15	SPIN	MILLIE	45MIN
18:15	LES MILLS DANCE	KELLY	45MIN
19:15	BODY PUMP	MILLIE	55MIN
19:15	SPIN	CRIS	45MIN
20:30	YOGA FLOW	MADDIE	60MIN

SATURDAY

07:00	BEACH YOGA	LUCIE	45MIN
07:10	LM RPM	VIRTUAL	50MIN
08:00	BODY PUMP	KELLY	55MIN
08:15	SPIN	LA STEVE	45MIN
09:15	BODY ATTACK	KELLY	45MIN
09:15	SPIN	LA STEVE	45MIN
10:15	PILATES	JO	60MIN
10:15	SPIN	LA STEVE	45MIN
11:20	PILATES	JO	60MIN
15:00	CIRCUITS	TEAM	45MIN
15:00	GENTLE PILATES	ENRIKA	60MIN
16:00	COMPOUND LIFT	TEAM	60MIN
17:45	CORE	TEAM	30MIN
18:15	LM TRIP	VIRTUAL	45MIN

SUNDAY

07:45	LM SPRINT	VIRTUAL	30MIN
08:30	SPIN	CRAIG	45MIN
08:30	BEACH BOOTCAMP	TEAM	45MIN
09:00	BODY PUMP	EMMA	55MIN
09:30	SPIN	CRAIG	45MIN
09:30	CIRCUITS	TEAM	30MIN
10:30	LM TRIP	VIRTUAL	45MIN
10:15	BODY BALANCE	EMMA	45MIN
11:15	CORE	TEAM	45MIN
15:00	LADIESLIFT(BEG)	TEAM	45MIN
16:00	LADIESLIFT(ADV)	TEAM	45MIN
18:30	SPIN	TEAM	45MIN

THURSDAY

06:15	LM TRIP	VIRTUAL	30MIN
07:00	BODY PUMP	KELLY	45MIN
08:00	PILATES	KELLY	45MIN
08:15	SPIN	LAUREN	45MIN
09:15	AQUA FIT	KELLY	45MIN
09:15	STRENGTH&CON	LAUREN	45MIN
10:30	FASCIA RELEASE	LAUREN	45MIN
11:20	PLATE LIT	KELLY	30MIN
12:00	YOGATHERAPEUTIC	RUTH	60MIN
13:15	PILATES	JO	60MIN
14:15	LM TRIP	VIRTUAL	45MIN
14:15	CIRCUITS	GREG	30MIN
17:15	BODY PUMP	LAUREL	55MIN
18:15	GIG CLUB	GREG	45MIN
18:15	SPIN	VICKY	45MIN
18:30	TRX	LAUREL	45MIN
19.15	STRENGTH&CON	GREG	60MIN
19:30	LM SPRINT	VIRTUAL	30MIN
20:30	STRETCH	GREG	45MIN

FRIDAY

07:00	RUN CLUB	LAUREL	45MIN
07:00	ASHTANGA YOGA	RUTH	60MIN
08:15	PILATES (GENERAL)	KELLY	45MIN
08:15	SPIN	CRAIG	45MIN
09:00	AQUA FIT	LAUREL	45MIN
09:15	SPIN	CRAIG	45MIN
09:15	BODY ATTACK	KELLY	45MIN
10:15	CIRCUITS	LAUREL	30MIN
10:15	SPIN	STEVEO	45MIN
10:30	PLATE-LIT	KELLY	30MIN
11:15	SH'BAM	KELLY	45MIN
12:15	GIG CLUB	STEVEO	30MIN
12:15	BODY BALANCE	KELLY	55MIN
13:00	LADIES LIFT	LAUREL	45MIN
14:15	GENTLE FIT	KAT	45MIN
17:15	SPIN	LA STEVE	45MIN
18:15	PLATE LIT	KAT	45MIN
18:15	SPIN	LA STEVE	45MIN
19:15	BARRE	KAT	45MIN

St MICHAELS
HEALTH
CLUB



OUTDOOR TIMETABLE

ENJOY A RANGE OF CLASSES MAKING THE MOST OF GYLLY BEACH,
ST MICHAELS GARDEN & THE HEALTHCLUBS OUTDOOR GYM
FROM 29TH APRIL!!

MONDAY

07:00 BEACH BOOTCAMP GREG 45MIN
08:30 BEACH YOGA BEX 45MIN
10:15 BODY CONDITIONING GREG 45MIN
11:15 BODY BALANCE BEX 55MIN
12:15 COAST TO CARDIO STEVE 45MIN
17:15 CIRCUITS LAUREL 30MIN

WEDNESDAY

08:30 BEACH BOOTCAMP KAT 30MIN
09:00 BEACH YOGA BEX 45MIN
13:45 CORE KELLY 30MIN
14:30 POWER YOGA IAN 45MIN
17:15 CIRCUITS MILLIE 45MIN

FRIDAY

07:00 RUN CLUB LAUREL 45MIN
10:15 CIRCUITS LAUREL 30MIN
13:00 LADIES LIFT LAUREL 45MIN

TUESDAY

07:00 BEACH BOOTCAMP KAT 45MIN
09:00 STRENGTH&CON MILLIE 45MIN
10:30 STRENGTH&CON MILLIE 45MIN
14:30 CIRCUITS GREG 30MIN

THURSDAY

09:15 STRENGTH&CON LAUREN 45MIN
13:15 PILATES JO 60MIN
14:15 CIRCUITS GREG 30MIN
19:15 STRENGTH&CON GREG 60MIN

SATURDAY

07:00 BEACH YOGA LUCIE 45MIN
15:00 CIRCUITS TEAM 45MIN
16:00 COMPOUND LIFT TEAM 60MIN

SUNDAY

08:30 BEACH BOOTCAMP TEAM 45MIN
09:30 CIRCUITS TEAM 30MIN
15:00 LADIESLIFT(BEG) TEAM 45MIN
16:00 LADIESLIFT(ADV) TEAM 45MIN

FINGERS CROSSED FOR A LOVELY SUMMER BUT IF THE RAIN
CLOUDS APPEAR THERE WILL BE INDOOR SPACE FOR THE MOST
OF THE CLASSES TO RUN

StMICHAELS
HEALTH
CLUB

CLASS DESCRIPTIONS

MAIN STUDIO

LES MILLS BODY PUMP

THE ORIGINAL BARBELL WORKOUT. USING A RANGE OF WEIGHTS WITH LOTS OF REPS, BODY PUMP GIVES YOU A TOTAL BODY WORKOUT THAT BURNS LOTS OF CALORIES

VINYASA FLOW

SUITABLE FOR INTERMEDIATE LEVEL. FLOW THROUGH POSES IN SYNC WITH YOUR BREATH TO DEVELOP MOBILITY, STRENGTH & FIND YOUR INNER ZEN

ASHTANGA YOGA

ASHTANGA BASED FLOW, COMBINING PHYSICALLY DEMANDING MOVEMENT AND BREATH TO CREATE INTERNAL HEAT DESIGNED TO PURIFY THE BODY

HATHA YOGA

THE PRACTISE OF PHYSICAL YOGA POSES AND BREATHING TECHNIQUES TO ALIGN AND CALM THE BODY, MIND AND SPIRIT.

HOT STRETCH/FLOW

DEVELOP FLEXIBILITY AND MOBILITY IN THIS FULL-BODY STRETCH CLASS

GENTLE FIT

A GENTLE WORKOUT WITH ZERO IMPACT AND LOTS OF OPTIONS AND MODIFICATIONS

LES MILLS BODY BALANCE

INSPIRED BY YOGA & PILATES, BODY BALANCE USES A RANGE OF MOVEMENTS SET TO MUSIC THAT WILL IMPROVE YOUR MIND & BODY

BODY ATTACK

A WORKOUT COMBINING ATHLETIC MOVEMENTS DESIGNED TO CHALLENGE YOUR LIMITS!

BARRE

INSPIRED BY ELEMENTS OF YOGA, BALLET AND PILATES, THIS LOW IMPACT, HIGH INTENSITY WORKOUT WILL STRENGTHEN YOUR BODY LIKE NOT MANY OTHER CLASSES CAN!

PLATE-LIT

LOW-INTENSITY STRENGTH BASED TRAINING, USING BODY-WEIGHT AND PLATES TO HELP STRENGTHEN AND TONE THE WHOLE BODY

ZUMBA

HOW TO MAKE CARDIO MORE FUN? DANCE YOUR HEART OUT! JOIN US FOR THIS FUN, HIGH ENERGY WORKOUT EXPERIENCE!

LES MILLS BODY COMBAT

THE ORIGINAL MIXED MARTIAL ARTS WORKOUT. THIS HIGH TEMPO SESSION GIVES A FULL BODY WORKOUT- SERIOUS FUN, SERIOUS CALORIE BURN!

SH'BAM

GREAT TUNES, GREAT MOVES, AND NO DANCE EXPERIENCE REQUIRED!

GLUTE STRENGTH

THIS IS ALL ABOUT GROWING THAT PEACH! A SWEET MIX OF BODY WEIGHT AND RESISTANCE WORK FOR A BIGGER, BETTER, STRONGER BEHIND

PILATES

FOCUS ON POSTURE & FLEXIBILITY. IT IS SUITABLE FOR ALL AGES & FITNESS LEVELS

FASCIA RELEASE

A DEEP TISSUE RELEASE USING FOAM ROLLERS AND LACROSSE BALLS.

CORE

TARGETING ALL AREAS OF THE CORE. STRENGTHENING THE POWER HOUSE OF THE BODY

SPIN STUDIO

SPIN/EXPRESS

30-45 MINUTE CYCLE WORKOUTS AIMED FOR THOSE LOOKING TO BURN CALORIES & GET A GREAT HIGH-TEMPO WORKOUT

LESMILLS VIRTUAL

RPM,SPRINT&TRIP

GIG STUDIO

GIG CLUB

COMBINING CARDIO AND STRENGTH FOR A FUN AND DYNAMIC ROWING-BASED WORKOUT!

GYM FLOOR/OUTDOOR GYM

LADIES LIFT

SMALL-GROUP TRAINING FOR WOMEN WHO LIKE TO LIFT! NEWCOMERS AND EXPERIENCED WELCOME

COMPOUND LIFT

RESISTANCE TRAINING, WORKING MULTIPLE MUSCLE GROUPS. FOR ALL ABILITIES

CIRCUITS

TIMED WORK USING A VARIETY OF BODY WEIGHT EXERCISES AND A VARIETY OF EQUIPMENT

POWER YOGA

FAST PACED YOGA MOVES. AN INTENSE WORKOUT BASED ON VINYASA STYLE YOGA

STRENGTH AND CONDITIONING

THE DEVELOPMENT OF DYNAMIC STATIC EXERCISES TO IMPROVE PHYSICAL STRENGTH

POOL

AQUA FIT

A FULL BODY, LOW IMPACT WORKOUT INCLUDING CARDIO AND CORE, USING THE WATER AS RESISTANCE

AQUA BLAST

THE ABOVE, BUT CONDENSED INTO 30 MINUTES!

BEACHFRONT/LAWN

COAST N CARDIO

FUN,HIGH ENERGY FITNESS-BY THE COAST!

BEACHBOOTCAMP

DIFFERENT EVERY WEEK! A HIGH ENERGY, FULL BODY WORKOUT. FUN IN THE SUN AND SAND!

PILATES

FOCUS ON POSTURE, CORE & FLEXIBILITY. SUITABLE FOR ALL AGES & FITNESS LEVELS

RUNCLUB

A SAFE AND ENJOYABLE RUNNING EXPERIENCE FOR ALL LEVELS