



SPRING SEASON


MONDAY

06:15 SPIN CRAIG 45MIN
06:30 BEACHBOOTCAMP KAT 45MIN
07:00 ASHTANGA YOGA STEPH 60MIN
09:00 STRENGTH&CO LAUREN 60MIN
09:00 AQUA CIRCUITS KAT 45MIN
09:15 LM TRIP VIRTUAL 45MIN
09:30 PLATE-LIT STEVEO 30MIN
10:15 SPIN LAUREN 45MIN
10:15 BODY PUMP KAT 45MIN
11:15 BODY BALANCE  BEX 45MIN
12:15 BARRE KAT 45MIN
12:15 COASTCARDIO STEVEO 30MIN
14:15 TRX CAM 45MIN
15:15 PILATES JO 60MIN
16:30 CORE LAUREL 30MIN
17:30 BODY PUMP EMMA 45MIN
17:30 SPIN LAUREL 45MIN
18:30 BODYBUILDING CAM 45MIN
18:30 RUN CLUB LAUREL 60MIN
19:45 MOBILITY CAM 45MIN


TUESDAY

06:45 YOGA FLOW RO 60MIN
07:00 LM TRIP VIRTUAL 45MIN
08:00 LM SPRINT VIRTUAL 45MIN
08:00 PILATES(INTER) REBA 60MIN
09:15 PILATES(BEG) REBA 60MIN
09:30 SPIN LAUREL 45MIN
10:30 BODY PUMP LAUREL 55MIN
10:30 EXPRESS SPIN STEVEO 30MIN
11:45 BODYBALANCE  ELISE 45MIN
12:00 AQUA BLAST LAUREL 30MIN
13:00 LADIES LIFT LAUREL 45MIN
14:00 YOGA(BEGINNER) BEX 45MIN
16:00 ENDURANCE LAUREN 60MIN
17:30 PLATE-LIT AMBER 30MIN
17:30 BODYBUILDING LAUREN 45MIN
18:15 BODY COMBAT KAT 45MIN
18:15 SPIN AMBER 45MIN
19:15 GLUTE HYBRID AMBER 45MIN
20:15 YOGA(SLOWFLOW) BETH 60MIN

WEDNESDAY

06:15 SPIN CRAIG 45MIN
07:00 MOBILITY CAM 45MIN
08:15 TRX(ADVANCED) LAUREL 45MIN
09:00 BEACH YOGA  BEX 45MIN
09:15 SPIN LAUREL 45MIN
09:15 BODY COMBAT KAT 45MIN
10:15 BODY BUILDING CAM 45MIN
10:15 GLUTE HYBRID LAUREL 45MIN
11:15 RESTORATIVEYOGA BEX 60MIN
12:00 AQUA BLAST CAM 30MIN
13:00 PLATE-LIT LAUREL 30MIN
14:00 P&P NATAL PILATES* JO 60MIN
17:15 GIG CIRCUITS KAT 45MIN
17:15 YOGA FLOW RO 60MIN
18:30 BODYATTACK KAT 45MIN
18:30 LM TRIP VIRTUAL 45MIN
19:30 LESMILLSDANCE KAT 45MIN
20:30 YOGA(SLOWFLOW) BETH 60MIN

THURSDAY

06:15 LM TRIP VIRTUAL 45MIN
07:00 BEACHBOOTCAMP CAM 45MIN
08:15 SPIN LAUREN 45MIN
09:00 AQUA FIT CAM 45MIN
09:00 POWER PILATES SARAH 60MIN
09:15 STRENGTH&CO LAUREN 60MIN
10:15 PLATE-LIT CAM 30MIN
10:15 SPIN STEVEO 45MIN
11:00 STRETCH  LAUREN 45MIN
11:15 HYBRIDTRAINING CAM 45MIN
12:00 YOGATHERAPEUTIC RUTH 60MIN
13:15 PILATES JO 60MIN
14:15 LM TRIP VIRTUAL 45MIN
14:30 GENTLE FIT AMBER 45MIN
17:15 LM TRIP VIRTUAL 45MIN
17:15 GLUTE HYBRID AMBER 45MIN
18:15 BODY PUMP EMMA 45MIN
18:15 SPIN AMBER 45MIN
19:15 BODY BALANCE EMMA 45MIN
20:15 YOGARESTORATIVE LUCIE 60MIN

FRIDAY

07:00 RUN CLUB LAUREL 45MIN
07:00 ASHTANGA YOGA RUTH 60MIN
08:00 BARRE KAT 45MIN
08:15 SPIN CRAIG 45MIN
09:00 AQUA FIT KAT 45MIN
09:15 SPIN CRAIG 45MIN
09:15 BODY PUMP LAUREL 45MIN
10:15 BODY ATTACK KAT 45MIN
10:15 CIRCUITS LAUREL 45MIN
10:15 LM TRIP VIRTUAL 45MIN
11:15 BODY BALANCE KAT 55MIN
12:15 GIG CLUB STEVEO 30MIN
12:30 POWER PILATES SARAH 60MIN
13:00 LADIES LIFT LAUREL 45MIN
14:15 GENTLE FIT KAT 45MIN
17:15 SPIN LA STEVE 45MIN
18:15 HYBRIDTRAINING AMBER 45MIN
18:15 SPIN LA STEVE 45MIN
19:15 RECOVER AMBER 45MIN

SATURDAY

07:10 LM RPM VIRTUAL 50MIN
08:00 BODY PUMP KAT 55MIN
08:15 SPIN LA STEVE 45MIN
09:15 BODY COMBAT KAT 45MIN
09:15 SPIN LA STEVE 45MIN
10:15 PILATES JO 60MIN
10:15 SPIN LA STEVE 45MIN
11:20 PILATES JO 60MIN
12:30 BARRE KAT 45MIN
16:30 BODY BUILDING CAM 45MIN
17:30 LM TRIP VIRTUAL 45MIN
18:30 MOBILITY CAM 45MIN

SUNDAY

07:45 LM SPRINT VIRTUAL 30MIN
08:15 BODY PUMP AMBER 55MIN
08:30 SPIN CRAIG 45MIN
09:30 SPIN CRAIG 45MIN
10:30 HYBRIDTRAINING AMBER 45MIN
13:00 LADIES LIFT AMBER 45MIN
16:00 CIRCUITS ELISE 45MIN
17:30 LM TRIP VIRTUAL 45MIN
18:30 BODY BALANCE ELISE 45MIN



-SILENT DISCO STYLE IMMERSIVE OUTDOOR
SESSION



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.

GENTLE FIT
A GENTLE WORKOUT WITH ZERO IMPACT, NO FLOOR-WORK AND PERFECT FOR THOSE LOOKING WORK THE FULL-BODY WITHOUT RISK OF INJURY

TRX CLUB
FULL-BODY STRENGTH USING SUSPENSION TRAINERS. LITTLE TO NO IMPACT!

LES MILLS BODY BALANCE
INSPIRED BY YOGA AND PILATES, BODY BALANCE USES A RANGE OF MOVEMENTS SET TO MUSIC TO IMPROVE BODY & MIND

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

LES MILLS 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

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

***P&P NATAL PILATES**
DESIGNED FOR NEW AND EXPECTANT MUMS. £10 PER SESSION BOOKED VIA EMAIL

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

POWER PILATES
FEEL THE BURN WITHOUT THE BURNOUT! TAKE YOUR STRENGTH, BALANCE AND MOBILITY TO THE NEXT LEVEL

LATIN DANCE FITNESS
EXPERIENCE THE VIBES OF A SPANISH FIESTA RIGHT HERE ON YOUR DOORSTEP WITH THIS TOTALLY UNIQUE FITNESS CLASS USING BASIC LATIN STEPS!

PAD POWER
THE ULTIMATE UPPER BODY CONDITIONING CLASS USING BASIC PAD-WORK

TRX(ADVANCED)
PERFECT FOR THOSE MORE EXPERIENCED ON THE TRX- LOOKING TO ENHANCE THEIR CURRENT TRX SKILLS AND STRENGTH

RECOVERY
LIKE AN MOT- FOR YOUR BODY! A COMBINATION OF STRETCHING AND FOAM ROLLING TO SOOTHE ACHING MUSCLES

SPIN STUDIO

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

ENDURANCE CLUB
EXPECT CYCLING, ERGS AND RUNNING IN THIS ENDURANCE-BASED CLASS! ALL LEVELS WELCOME

POOL

AQUA FIT
FULL-BODY, LOW IMPACT WORKOUT INCLUDING CARDIO AND CORE, USING THE WATER AS RESISTANCE

AQUA BLAST
THE ABOVE, BUT CONDENSED INTO 30 MINUTES!

GIG STUDIO

GIG CLUB/CIRCUITS/ABS
COMBINING CARDIO AND STRENGTH FOR A FUN AND DYNAMIC ROWING-BASED WORKOUT!

HYBRID TRAINING
STRENGTH ELEMENTS MEET FITNESS IN THIS FULL-BODIED WORKOUT DESIGNED TO GET YOU FITTER AND FASTER. ALL LEVELS WELCOME

OUTDOOR GYM

LADIES LIFT
SMALL-GROUP TRAINING FOR WOMEN WHO LIKE, OR WISH TO LEARN HOW TO LIFT SAFELY.

STRENGTH&CONDITIONING
SMALL-GROUP TRAINING FOR THOSE WHO WISH TO DEVELOP ALL-ROUND ATHLETICISM ALONGSIDE DEVELOPING FUNDAMENTAL MOVEMENT PATTERNS

RUN(STRENGTH)
COMPLIMENTARY TO OUR RUN CLUB- THIS GYM-BASED SESSION IS DESIGNED TO BUILD STRENGTH AND RESILIENCE TO BECOMING A FASTER, STRONGER RUNNER!

BODYBUILDING
STRENGTHEN, SCULPT, BURN. EXPECT BARBELLS, DUMBBELLS AND KETTLEBELLS

CIRCUITS
FULL-BODY WORKOUT! DESIGNED FOR ALL LEVELS AND ABILITIES

TENNIS COURTS

TENNIS CLUB
FITNESS, DRILLS & GAME-PLAY IN A FUN AND NO-PRESSURE ENVIRONMENT!

BEACH/LAWN

COAST CARDIO
FUN, HIGH ENERGY FITNESS BY THE COAST CONDENSED INTO A 30-MINUTE BLAST!

RUN CLUB
ENJOY A MORE SOCIAL SIDE TO RUNNING WITHIN A CLUB- A SAFE AND SUPPORTIVE ENVIRONMENT TO EXPLORE THE LOCAL COAST-LINE!

IMMERSIVE SESSIONS
YOUR FAVOURITE WELLNESS SESSIONS, DONE SILENT DISCO STYLE! ENJOY THE MUSIC, THE VIBES, THE OUTDOORS

BEACH BOOTCAMP
FUN, HIGH ENERGY WORKOUT WITH A GORGEOUS GYLLY BACKDROP. DESIGNED FOR ALL LEVELS!

PLEASE BRING YOUR OWN MAT TO THE BEACH AND THE LAWN.