

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

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, ROWING 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!

KETTLEBELLS

30-MINUTE KETTLEBELL BLAST TO WORK THE ENTIRE BODY! ALL LEVELS WELCOME

LBT

LEGS, BUMS & TUMS! THE CLASSIC MID-LOWER BODY STRENGTH AND TONE CLASS!

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

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