



SUMMER TIMETABLE

MONDAY

06:15 RPM	VIRTUAL 50MIN
07:00 ASHTANGA YOGA	STEPH 60MIN
08:00 GYLLYSWIMCLUB	CRYSTAL 45MIN
09:00 HYBRID	ELISE 45MIN
09:15 AQUA BLAST	KAT 30MIN
09:30 PLATE-LIT	TEAM 30MIN
10:00 AQUA BLAST	ELISE 30MIN
10:15 SPIN	LAUREN 45MIN
10:30 BODY PUMP	KAT 55MIN
11:45 BODY BALANCE 	ELISE 45MIN
12:30 LM TRIP	VIRTUAL 45MIN
12:45 BARRE	KAT 45MIN
14:15 TRX	MILLIE 45MIN
15:15 PILATES	JO 60MIN
17:15 SPIN	MILLIE 45MIN
17:45 BODY PUMP	TRISTAN 45MIN
18:00 SOCIAL TENNIS	WILL 90MIN
18:45 BODY ATTACK	TRISTAN 45MIN
19:00 MET-CON	MILLIE 60MIN
20:00 LM SPRINT	VIRTUAL 30MIN

TUESDAY

06:45 YOGA FLOW
07:00 LM TRIP
07:00 HIIT THE BEACH
08:00 LM SPRINT
08:00 QIGONG
08:00 PILATES (INTER)
09:15 PILATES
09:15 HYBRID
10:30 EXPRESS SPIN
10:30 BODY PUMP
11:30 BODYBALANCE
12:00 AQUA BLAST
13:00 LADIES LIFT
13:00 LEGENDS
14:00 SPOT OF TENNIS
16:00 ENDURANCE
17:00 CORE BLAST
17:45 BODY COMBAT
17:45 SPIN
18:45 LATIN DANCE
19:45 YOGA (SLOWFLOW)

WEDNESDAY

RO 60MIN	06:30 EXPRESS SPIN	LAUREL 30MIN
VIRTUAL 45MIN	07:15 4BEAT VINYASA	VIRTUAL 45MIN
LAUREL 30MIN	07:15 LM TRIP	EMMA 45MIN
VIRTUAL 30MIN	08:15 BEACH BOOTCAMP	LAUREL 30MIN
CIARAN 60MIN	09:00 BEACH YOGA	JEN 45MIN
REBA 60MIN	09:15 BODY COMBAT	CHARLIE 55MIN
REBA 60MIN	10:15 LBT	LAUREL 45MIN
LAUREL 45MIN	10:30 LES MILLS DANCE	CHARLIE 30MIN
TEAM 30MIN	11:30 LM SPRINT	VIRTUAL 30MIN
TRISTAN 45MIN	12:00 AQUA BLAST	CHARLIE 30MIN
KAT 55MIN	13:00 PILATES (BEG)	LAUREL 45MIN
ELISE 30MIN	16:00 FUNC-CORE	MILLIE 30MIN
LAUREL 45MIN	16:00 LM RPM	VIRTUAL 50MIN
ELISE 60MIN	17:00 HYBRID	MILLIE 45MIN
ALESHA 45MIN	17:15 VINYASA YOGA	RO 60MIN
LAUREN 90MIN	18:15 SPIN	MILLIE 45MIN
MILLIE 30MIN	18:30 PILATES	FLORA 45MIN
KAT 45MIN	19:30 BODY PUMP	MILLIE 45MIN
MILLIE 45MIN	20:30 YOGA(SLOWFLOW)	BETH 60MIN
MILLIE 45MIN	20:30 LM SPRINT	VIRTUAL 30MIN
LIZZY 45MIN		

THURSDAY

06:15 SPIN	ELISE 45MIN
07:30 RUN CLUB	ELISE 45MIN
07:30 FUNC- STRENGTH	CHARLIE 45MIN
07:45 POWER PILATES	SARAH 60MIN
08:00 QIGONG	CIARAN 60MIN
08:15 LM RPM	VIRTUAL 50MIN
09:00 AQUA CIRCUITS	CHARLIE 45MIN
09:00 POWER PILATES	SARAH 60MIN
09:15 HYBRID	LAUREN 60MIN
10:15 PLATE-LIT	CHARLIE 30MIN
11:00 LEGENDS	ELISE 45MIN
11:15 STRETCH 	LAUREN 45MIN
12:00 LADIES LIFT	CHARLIE 60MIN
12:00 THERAPEUTIC YOGA	RUTH 60MIN
13:15 PILATES	JO 60MIN
14:30 CORE BLAST	MILLIE 30MIN
15:15 LM TRIP	VIRTUAL 45MIN
17:00 GLUTE HYBRID	MILLIE 45MIN
18:00 SPOT OF TENNIS	ALESHA 90MIN
18:15 LES MILLS DANCE	KAT 45MIN
18:15 SPIN	MILLIE 45MIN
19:15 YOGA (SLOWFLOW)	LUCIE 60MIN

FRIDAY

06:10 PILATES (INTER)	LAUREL 45MIN
07:00 ASHTANGA YOGA	RUTH 60MIN
08:15 BARRE	KAT 45MIN
08:15 SPIN	LA STEVE 45MIN
09:15 AQUA FIT	KAT 45MIN
09:15 SPIN	LA STEVE 45MIN
09:45 BODY PUMP	CHARLIE 45MIN
10:45 BODY ATTACK	TEAM 30MIN
10:30 HYBRID	LAUREL 45MIN
11:30 BODY BALANCE	KAT 45MIN
12:15 GIG STRONG	TEAM 30MIN
12:30 PILATES	REBA 45MIN
13:15 LM TRIP	VIRTUAL 45MIN
13:30 PILATES	REBA 45MIN
14:30 GENTLE FIT	ALESHA 45MIN
17:15 SPIN	LA STEVE 45MIN
18:15 CIRCUITS	ALESHA 45MIN
18:15 SPIN	LA STEVE 45MIN
19:15 STRETCH & RELAX	ALESHA 45MIN

SATURDAY

08:00 BODY PUMP	TEAM 45MIN
08:15 SPIN	LA STEVE 45MIN
09:00 BODY COMBAT	CHARLIE 45MIN
09:15 SPIN	LA STEVE 45MIN
10:00 LES MILLS DANCE	CHARLIE 45MIN
10:15 SPIN	LA STEVE 45MIN
11:00 SCULPT & TONE	CHARLIE 45MIN
14:45 CORE BLAST	CRYSTAL 30MIN
15:00 SOCIAL TENNIS	WILL 90MIN
15:30 CALI-STRENGTH	CRYSTAL 60MIN
16:45 BODY BALANCE	CRYSTAL 45MIN
18:30 LM TRIP	VIRTUAL 45MIN

SUNDAY

07:45 LM SPRINT	VIRTUAL 30MIN
08:00 BEACH YOGA	LUCIE 60MIN
08:30 SPIN	MATT 45MIN
08:30 BEACH BOOTCAMP	ALESHA 45MIN
10:15 SOCIAL TENNIS	ALESHA 60MIN
10:30 BODY PUMP	TRISTAN 55MIN
11:45 STRETCH	ALESHA 45MIN
15:00 MONTHLY YIN YOGA	AMELY 90MIN
16:00 SPIN	ELISE 45MIN
17:30 FUNC- STRENGTH	ELISE 45MIN
18:30 LM TRIP	VIRTUAL 45MIN
18:30 BODY BALANCE	ELISE 45MIN

CLASS DESCRIPTIONS

PLATE-LIT

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

LEGENDS

HERE IT IS. A STRENGTH AND TONING CIRCUIT FOR THE LEGENDS OF ST MICHAELS. AIMED AT THOSE 60+ WHO WANT TO ADD A LITTLE EXTRA TO THEIR ROUTINE.

GENTLE FIT

A GENTLE WORKOUT WITH ZERO IMPACT, NO FLOOR-WORK AND PERFECT FULL-BODY WITHOUT RISK OF INJURY.

FUNCTIONAL STRENGTH/CORE

USING DUMBBELLS AND BARBELLS TO HELP YOU MOVE AND FEEL BETTER IN EVERYDAY LIFE. UTILISING AND DEVELOPING FULL-BODY STRENGTH.

SCULPT AND TONE

THIS CLASS DOES WHAT IT SAYS! FULL- BODY TONING, IN A PILATES STYLE,

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!

MAIN STUDIO

ASHTANGA YOGA

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

YOGA FLOW

A GENTLE, FLOWING STRETCH FOR THE WHOLE BODY.

THERAPEUTIC/ RESTORATIVE YOGA

A GENTLE, SLOW-PACED STYLE OF YOGA FOCUSED ON DEEP RELAXATION AND STRESS REDUCTION.

PILATES

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

POWER PILATES

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

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!

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 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.

LES MILLS BODY ATTACK

A WORKOUT COMBINING ATHLETIC MOVEMENTS DESIGNED TO CHALLENGE YOUR LIMITS!

LES MILLS BODY COMBAT

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

LES MILLS DANCE

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

TRX

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

CALI-STRENGTH

FULL-BODY CALISTHENICS STYLE STRENGTH AND CONDITIONING.

SPIN STUDIO SPIN

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.

VIRTUAL SPIN

30-45 MINUTE VIRTUAL WORKOUTS: LES MILLS TRIP, RPM AND SPRINT.

GLUTE HYBRID

LBT MEETS SPIN! STRENGTHEN AND SCULPT YOUR LOWER BODY. SUITABLE FOR ALL LEVELS OF FITNESS AND EXPERIENCE.

GIG STUDIO HYBRID TRAINING

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

GIG STRONG

GIG ROWING MEETS STRENGTH IN THIS CLASS. GET YOUR HEART RATE HIGH AND MUSCLES PUMPING, FOLLOWED BY STRENGTH.

LBT

LEGS, BUMS AND TUMS: THE CLASSIC LOW-BODY WORKOUT!

MET-CON

METABOLIC CONDITIONING, HIGH INTENSITY TRAINING TO IMPROVE YOUR BODY'S ENERGY SYSTEMS.

OUTDOOR GYM LADIES LIFT

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

CARDIO CIRCUITS

A CLASS FOR THOSE RARING TO GET OUT RUNNING AGAIN. DESIGNED TO BOOST CARDIO PERFORMANCE.

COASTAL

BEACH BOOTCAMP

STRENGTH, CONDITIONING AND CARDIO COMBINED ON THE SAND.

HIIT THE BEACH

HIGH INTENSITY WORKOUT ON THE BEACH. GET THE HEART GOING WITH A VIEW.

KETTLEBELL CARRY

IT'S BACK! JOIN THIS FRIENDLY MORNING GROUP. BOOST YOUR CONFIDENCE AND ENJOY THE STUNNING VIEWS.

RUN CLUB

IT'S BACK! JOIN THIS FRIENDLY MORNING GROUP. BOOST YOUR RUNNING, CONFIDENCE AND ENJOY THE STUNNING VIEWS.

GYLLY SWIM CLUB

COME RAIN OR SHINE, TAKE A DIP IN THE SEA, FOLLOWED BY A WARM UP IN OUR SAUNA!

BEACH YOGA

YOUR FAVOURITE WELLNESS SESSION, ENJOY THE VIEW, THE VIBES, AND THE OUTDOORS.

LAWN/ SPA WEST

QI GONG

CHINESE WELLNESS SYSTEM OF SLOW FLOWING MOVEMENTS AND BREATH WORK. CULTIVATES AND BALANCES ENERGY, REDUCES STRESS, IMPROVES FLEXIBILITY AND ENHANCES VITALITY.

IMMERSIVE BODY BALANCE/STRETCH

IT'S BACK! 'SILENT DISCO' STYLE BODY BALANCE AND STRETCH CLASSES, TAKING IN THE MOST OF THE SUMMER WEATHER AND FANTASTIC VIEWS.

TENNIS COURTS

SPOT OF TENNIS

MEET ON THE COURTS FOR A SPOT OF TENNIS! BASIC TENNIS SKILLS REQUIRED.

SOCIAL TENNIS

YOUR CHANCE TO PLAY SOME SETS, MEET NEW PEOPLE, UP YOUR TENNIS SKILLS AND FITNESS.

POOL

AQUA FIT/BLAST

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

AQUA CIRCUITS

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