



AUTUMN TIMETABLE

MONDAY

06:15 RPM
07:00 ASHTANGA YOGA
08:00 GYLLY SWIM CLUB
09:00 HYBRID
09:15 AQUA BLAST
09:30 PLATE-LIT
10:00 AQUA BLAST
10:00 SOCIAL TENNIS
10:15 SPIN
10:30 BODY PUMP
11:45 BODY BALANCE
12:15 STEPS
12:30 LM TRIP
12:45 SCULPT & TONE
14:15 GENTLE FIT
15:15 PILATES
17:45 BODY PUMP
18:30 HYBRID
18:45 BODY ATTACK
19:45 STRETCH & RELAX
20:00 LM SPRINT

VIRTUAL 50MIN
STEPH 60MIN
CRYSTAL 45MIN
ELISE 45MIN
CRYSTAL 30MIN
STEVE 30MIN
ELISE 30MIN
ALESHA 60MIN
LAUREN 45MIN
CRYSTAL 55MIN
ELISE 45MIN
STEVE 45MIN
VIRTUAL 45MIN
CRYSTAL 45MIN
CHARLIE 30MIN
JO 60MIN
TRISTAN 45MIN
CHARLIE 60MIN
TRISTAN 45MIN
CHARLIE 45MIN
VIRTUAL 30MIN
06:45 YOGA FLOW
07:00 THE TRIP
07:30 FUNC-STRENGTH
08:00 SPRINT
08:00 QIGONG
08:00 PILATES (INTER)
09:15 PILATES
09:15 HYBRID
10:30 EXPRESS SPIN
10:30 BODY PUMP
11:30 BODY BALANCE
12:00 AQUA BLAST
12:15 KETTLEBELL CARRY
13:00 LADIES LIFT
13:00 LEGENDS
16:00 ENDURANCE
17:00 FUNC-CORE
17:45 BODY PUMP
17:45 SPIN
18:45 HYBRID
18:45 BODY BALANCE
19:45 YOGA (SLOWFLOW)

TUESDAY

RO 60MIN
VIRTUAL 45MIN
LAUREL 45MIN
VIRTUAL 60MIN
CIARAN 60MIN
REBA 60MIN
REBA 45MIN
LAUREL 30MIN
STEVE 45MIN
TRISTAN 45MIN
BEX 55MIN
CRYSTAL 30MIN
STEVE 30MIN
LAUREL 45MIN
CRYSTAL 45MIN
LAUREN 90MIN
SASHA 30MIN
CRYSTAL 45MIN
ELISE 45MIN
SASHA 45MIN
ELISE 45MIN
LIZZY 45MIN
07:15 LM TRIP
07:15 VINYASA YOGA
08:15 EXPRESS SPIN
09:00 BEACH YOGA
09:15 PLATE FIT
09:15 BODY COMBAT
10:15 LBT
10:30 LES MILLS DANCE
11:30 LM SPRINT
12:00 AQUA BLAST
13:00 PILATES (BEG)
14:30 CORE BLAST
16:00 LM RPM
16:30 PLATE-LIT
17:15 VINYASA YOGA
18:15 SPIN
18:30 PILATES
19:30 ZUMBA
20:30 YOGA (SLOWFLOW)
20:30 LM SPRINT

WEDNESDAY

VIRTUAL 45MIN
SARAH 45MIN
LAUREL 30MIN
JEN 45MIN
STEVE 30MIN
CHARLIE 55MIN
LAUREL 45MIN
CHARLIE 30MIN
VIRTUAL 30MIN
CHARLIE 30MIN
LAUREL 45MIN
SASHA 30MIN
VIRTUAL 50MIN
SASHA 45MIN
RO 60MIN
MATT 45MIN
FLORA 45MIN
SASHA 45MIN
BETH 60MIN
VIRTUAL 30MIN

THURSDAY

07:45 POWER PILATES
08:00 QIGONG
08:15 LM RPM
08:30 ZONE 2 CLUB
09:00 AQUA CIRCUITS
09:00 POWER PILATES
10:15 PLATE-LIT
10:15 SPIN
11:00 COMPOUND
12:15 CARDIO CIRCUITS
12:00 THERAPEUTIC YOGA
13:00 SPOT OF TENNIS
13:15 PILATES
14:30 LADIES LIFT
15:15 LM TRIP
18:00 BODY PUMP
19:00 BODY COMBAT
20:00 YOGA (SLOWFLOW)

SARAH 60MIN
CIARAN 60MIN
VIRTUAL 50MIN
LAUREN 60MIN
ALESHA 45MIN
SARAH 60MIN
ALESHA 30MIN
STEVE 45MIN
ELISE 45MIN
ALESHA 30MIN
RUTH 60MIN
STEVE 60MIN
JO 60MIN
CHARLIE 60MIN
VIRTUAL 45MIN
CHARLIE 45MIN
CHARLIE 45MIN
LUCIE 60MIN
07:00 ASHTANGA YOGA
08:15 PILATES (INTER)
08:15 SPIN
09:15 SPIN
09:30 BODY PUMP
09:30 BEACH BOX
10:30 BODY ATTACK
10:30 HYBRID
11:30 THERAPEUTIC YOGA
12:30 GIG STRONG
12:45 BARRE
13:15 AQUA BLAST
13:15 LM TRIP
14:15 LEGENDS
17:00 CORE BLAST
17:15 SPIN
18:15 CIRCUITS
18:15 SPIN
19:15 STRETCH & RELAX

FRIDAY

RUTH 45MIN
LAUREL 60MIN
LA STEVE 45MIN
LA STEVE 45MIN
TRISTAN 45MIN
STEVE 45MIN
TRISTAN 30MIN
LAUREL 45MIN
BEX 60MIN
STEVE 30MIN
FLORA 45MIN
ELISE 30MIN
VIRTUAL 45MIN
ELISE 30MIN
ALESHA 30MIN
LA STEVE 45MIN
ALESHA 45MIN
LA STEVE 45MIN
ALESHA 45MIN

08:00 BODY PUMP
08:15 SPIN
09:00 BODY COMBAT
09:15 SPIN
10:00 LES MILLS DANCE
10:15 SPIN
11:00 SCULPT & TONE
14:45 CORE BLAST
15:00 SOCIAL TENNIS
15:30 CALI-STRENGTH
16:45 BODY BALANCE
18:30 LM TRIP

TEAM 45MIN
LA STEVE 45MIN
CHARLIE 45MIN
LA STEVE 45MIN
CHARLIE 30MIN
LA STEVE 45MIN
CHARLIE 45MIN
CRYSTAL 30MIN
WILL 90MIN
CRYSTAL 60MIN
CRYSTAL 45MIN
VIRTUAL 45MIN

SUNDAY

07:45 LM SPRINT
08:00 BEACH YOGA
08:30 SPIN
08:30 BEACH BOOTCAMP
10:15 SOCIAL TENNIS
10:30 BODY PUMP
11:45 STRETCH
14:30 LADIES LIFT
15:00 MONTHLY YIN YOGA
17:30 HYBRID
18:30 LM TRIP
18:30 STRETCH & RELAX

VIRTUAL 30MIN
LUCIE 60MIN
MATT 45MIN
ALESHA 45MIN
ALESHA 60MIN
TRISTAN 55MIN
ALESHA 45MIN
SASHA 90MIN
AMELY 90MIN
SASHA 45MIN
VIRTUAL 45MIN
SASHA 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.

SCULPT AND TONE

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

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.

ZONE 2 CLUB

BUILDING ENDURANCE AND AEROBIC FITNESS THROUGH ROAD RUNNING AND CYCLING WITH A FOCUS ON DEVELOPING THE ENERGY SYSTEMS THAT POWER LONG-LASTING PERFORMANCE. WHEN CONDITIONS ARE RIGHT, WE'LL INCORPORATE AN OPTIONAL OPEN-WATER SWIM

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!

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!

COASTAL

BEACH BOOTCAMP

STRENGTH, CONDITIONING AND CARDIO COMBINED ON THE SAND.

BEACH BOX

A HIGH ENERGY OUTDOOR WORKOUT COMBINING BOXING WITH CARDIO AND BODY-WEIGHT STRENGTH EXERCISES. NO BOXING EXPERIENCE NEEDED

KETTLEBELL CARRY

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

STEPS

WELL-BEING WALKS TO INCREASE YOUR DAILY STEPS AND SOCIALISE.

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.

PLATE-FIT

BALANCED CARDIO AND STRENGTH BASED SESSION USING BODY WEIGHT AND WEIGHT PLATES ON THE BEACH

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!

OUTDOOR GYM

LADIES LIFT

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

COMPOUND

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

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 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.

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.