

CLASS TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30-7.00 Circuits	6.30-7.00 Abs and Arms	6.30-7.00 Spin		6.30-7.00 LBT	9.45-10.15 WOD	10.00-11.00 Kinstretch with Kirstin
9.15-10.00 Spin	8.45-9.45 Yoga with Amanda	9.15-9.45 Fullbody Weights	9.15-9.45 Spin Mix	9.15-9.45 Circuits		
10.15-10.45 Abs	10.00-10.30 Kettlebells	10.00-11.00 Pilates with Morag	10.00-11.00 Pilates with Morag			
13.00-13.30 Spin Mix		13.00-13.30 Spin				
17.30-18.00 Circuits	17.30-18.15 Spin	17.30-18.00 LBT	17.30-18.15 Weights Fit	18.00-18.30 Circuits		
18.15-18.45 Abs and Arm	18.30-19.00 Kettlebells	18.15-18.45 WOD	18.30-19.00 Spin			
	19.15-20.15 Yoga with Kirstin					

● **Cardio** ● **Strength** ● **Flexibility**

Book your classes by scanning the QR code. Log in with your email address and password date which you will get from the staff at reception! Once logged in change your password to something familiar to you.

CLASS DESCRIPTIONS

Spin

A group exercise session in which participants ride stationary bikes at varying speeds and resistance settings to motivating music.

Spin Mix

Combination of cycling and full body resistance training in circuit

WOD

Circuit based class to target an all-round workout.

Circuits

High intensity circuit using a variety of equipment.

Fullbody Weights

A mixture of kettlebells, barbells, bodyweight exercises for that all rounder workout.

Kettlebells

Working with kettlebells for fully body sculpting exercises.

LBT

This class targets your legs, bums and tums to help you achieve an all over toned look whilst burning calories and improving stamina.

Weights Fit

Focusing on achieving a strong lean full body physique.

Kinstretch

Specific concepts to improve your strength and control ranges of motion. Creating greater mobility while utilizing strength training concepts.

Pilates

Improve your core, bands can be used.

Yoga

Designed to stretch and strengthen with yoga-based exercises.



Scan me to
book a class!