

CLASS TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30-7.00 Spin Mix	6.30-7.00 Step Box		6.30-7.00 Circuits	6.30-7.00 WOD	9.00-10.00 15:15:15	10.00-11.00 Yoga/ Kinstretch* with Kirstin
9.15-10.00 Spin	8.45-9.45 Yoga with Amanda	9.15-9.45 Lean Legs	9.15-9.45 Spin Mix	9.15-9.45 Step Box		
10.15-10.45 Resist Fit	10.00-10.30 Circuits	10.00-11.00 Pilates with Morag	10.00-11.00 Pilates with Morag	10.00-10.30 Abs		
13.00-13.30 Spin Mix		13.00-13.30 Spin				
17.30-18.00 Step Box	17.30-18.15 Spin Mix	17.30-18.00 WOD	17.30-18.15 Spin	17.30-18.30 15:15:15		
18.15-18.45 LBT	18.30-19.00 Resist Fit	18.15-18.45 Abs	18.30-19.00 Kettlebells			
	19.15-20.15 Yoga with Kirstin					

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

*Alternative weeks

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

Step Box

Combination of high intensity step movements with a combination of free boxing cardio style HIIT

WOD

Circuit based class to target an all-round workout.

15:15:15

15 mins cardio 15 mins strength 15 mins core

Circuits

High intensity circuit using a variety of equipment.

Resist Fit

focusing on achieving a strong lean full body physique

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.

Lean Legs

Targeting the lower body only, achieving a toner and stronger look to your legs.

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!