

# TIMETABLE

## MAY



TIME	MONDAY	TUESDAY	WEDNESDAY
7.30am	PILATES FUSION - 30M	TOTAL BODY STRENGTH - 30M	STRETCH & FLOW - 30M
12.30pm	PUSH & LIFT - 30M	SPIN - 30M	S&C - 30M
6.30pm	BOX & BURN - 45M	PILATES FUSION - 45M	SPIN & ABS - 45M

TIME	THURSDAY	FRIDAY	SATURDAY
7.30am	TOTAL BODY STRENGTH - 30M	SPIN - 30M	
12.30pm	PILATES FUSION - 30M	PUSH & LIFT - 30M	STEP - 45M
6.30pm	S&C - 45M	TOTAL BODY STRENGTH - 45M	

\*CLASSES MUST BE BOOKED IN ADVANCE VIA OUR CONTACT DETAILS BELOW.

\*\*CLASS CANCELLATIONS MUST BE GIVEN IN ADVANCE VIA OUR CONTACT DETAILS BELOW.

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### SPIN

This is the ultimate indoor cycling experience which has an equal amount of sprints and uphill climbs but it's all systems go with quick bursts and short recoveries. It triggers a high metabolic response and allows for your body to burn extra calories after the class and throughout the day.

### PUSH AND LIFT

A strength class targeting all your major muscle groups! It will strengthen areas all over the body with a combination of different weights to build and strengthen all the muscles, and the joints as well along the way!

### S&C (STRENGTH & CONDITIONING)

A class that combines resistance based exercises alongside cardio and conditioning ones. Here you will get a cross-training effect for both strength and cardiovascular gains.

### TOTAL BODY STRENGTH

Total body strength will sculpt, tone and strengthen your entire body, through all your different muscle groups! This class is a great way to get in shape as it challenges all of your major muscles while you squat, press, lift & push with a variety of different resistance equipment. So with your choice of weight and highly-trained instructors you can get the group effect and the strong results you've been looking for!

### PILATES FUSION

This is the class that concentrates on strengthening the body through our core. Focusing on balance, posture and flexibility, this class improves general fitness and overall well-being. It mixes standing, mat and wall Pilates to give even more concentration on our core muscles!

### STRETCH & FLOW

Here we help stretch out those tired, tight muscles while also strengthening the body. We slow down our breathing while we move, creating a flow.

### BOX & BURN

A fast-paced 45-minute workout that blends boxing drills with high-intensity conditioning. You'll throw punches on pads or bags, build strength with bodyweight exercises, and keep your heart rate up with short bursts of cardio. Expect a full-body burn, improved fitness, and a serious stress release—no experience needed.