

ALL STUDIOS AND POOL TIMETABLE

6th September – 12th December 2021

MONDAY

TIME	CLASS	STUDIO	INST	LEVEL
07.15 – 08.00	WOD	Pursuit	Jason	All
09.00 – 09.45	HIIT	Pursuit	Kay	All
09.00 – 09.55 *	Pilates Reformer	Reformer	Nicholas	All
9.30 – 10.25	Mat Pilates	Peace	Marilena	All
10.00– 10.55*	Pilates Reformer	Reformer	Nicholas	All
10.30 – 11.15	Power Cycle	Pursuit	Pauw	All
10.45– 11.40	Combo Barre	Peace	Marilena	All
11.00– 11.55*	Pilates Reformer	Reformer	Nicholas	All
18.30– 19.25	Cycle & Tone	Pursuit	Pete	All
18.30 – 19.25*	Pilates Reformer	Reformer	Morena	All
19.30 – 20.25*	Pilates Tower	Reformer	Morena	All

TUESDAY

TIME	CLASS	STUDIO	INST	LEVEL
09.00 – 09.55*	Pilates Reformer	Reformer	Rene	All
09.00 – 10.00	Hatha Yoga	Peace	Aisha	All
09.30 – 10.15	SwimSanity	Pool	Paul	All
09.30 – 09.55	Bike HIIT 25	Pursuit	Tanya	Adv
10.00 – 10.45	Mobilisation	Pursuit	Tanya	All
10.00– 10.55*	Pilates Reformer	Reformer	Rene	All
10.15 – 10.45	Zero Gravity	Peace	Aisha	All
10.45– 11.15	Zero Gravity	Peace	Aisha	All
11.00 – 11.55	Dance Fitness	Pursuit	Marcos	All
11.00– 11.55*	Pilates Reformer	Reformer	Rene	All
12.00–12.45	Total Shred (S)	Pursuit	Pete	All
18.30 – 19.15	Aqua Gym (N)	Pool	Gessica	All
18.30 – 19.15	WOD (S)	Pursuit	Kay	All
19.00 – 19.55*	Reformer	Reformer	Aga	All

WEDNESDAY

TIME	CLASS	STUDIO	INST	LEVEL
07.15 – 08.00	Metcon	Pursuit	Jason	All
09.00 – 09.55 *	Pilates Reformer	Reformer	Aga	All
09.30– 10.15	WOD	Pursuit	Kay	All
09.30 – 10.15	Aqua Gym (N)	Pool	Marcus	All
10.00– 10.55*	Pilates Reformer	Reformer	Aga	All
10.30 – 11.15	Box - Grid	Pursuit	Michael	Adv
10.30– 11.45	Hatha Yoga	Peace	Belinda	All
11.30 – 12.15	Body Conditioning	Pursuit	Michael	Adv
11.00– 11.55*	Pilates Reformer	Reformer	Aga	All
18.00 – 19.15	Vinyasa + Yin (N)	Peace	Karen	All
18.00 – 18.55	Box - Burn	Pursuit	Gonzalo	All
18.30 – 19.25*	Pilates Reformer	Reformer	Ivana	All
19.30– 20.25*	Pilates Tower	Reformer	Ivana	All

THURSDAY

TIME	CLASS	STUDIO	INST	LEVEL
07.15 – 08.00	WOD	Pursuit	Kay	All
09.00 – 09.55	Mat Pilates	Peace	Tanya	All
09.00 – 09.55 *	Pilates Reformer	Reformer	Nicholas	All
09.30– 10.15	Bounce & Burn	Pursuit	Pete	All
09.30 – 10.15	SwimSanity	Pool	Paul	All
10.00– 10.55*	Pilates Reformer	Reformer	Nicholas	All
10.30 – 11.25	Combo Ballet Barre	Peace	Marilena	All
11.00– 11.55*	Pilates Reformer	Reformer	Nicholas	All
11.35 – 12.30	Dynamic Pilates	Peace	Marilena	All
12.30 – 13.15	Cycle & Tone	Pursuit	Pete	Adv
12.45– 13.40*	Pilates Tower	Reformer	Marilena	All
18.00 – 18.55	WOD (S)	Pursuit	Fit Team	All
18.30 – 19.25*	Pilates Reformer	Reformer	Morena	All

FRIDAY

TIME	CLASS	STUDIO	INST	LEVEL
07.15 – 08.00	Metcon	Pursuit	Jason	All
09.00–09.55	Dance Fitness	Pursuit	Marcos	All
09.00 – 09.55*	Pilates Reformer	Reformer	Aga	All
09.30 – 10.15	SwimSanity	Pool	Paul	All
10.00– 10.55*	Pilates Reformer	Reformer	Aga	All
10.00 – 10.45	Power Cycle	Pursuit	Pauw	All
10.30– 11.45	Hatha Yoga	Peace	Sara	All
11.00– 11.55*	Pilates Reformer	Reformer	Aga	All
12.30 – 13.15	Cycle & Tone	Pursuit	Pete	Adv

SATURDAY

TIME	CLASS	STUDIO	INST	LEVEL
09.30– 10.15	WOD (S)	Power	Kay	All
09.00 09.55	Mat Pilates	Peace	Scott	All
09.00 – 09.55 *	Pilates Reformer	Reformer	Aga	All
09.30 – 10.15	Cycl'H2O	Pool	Gessica	All
10.00– 10.55*	Pilates Reformer	Reformer	Aga	All
10.15 – 11.30	Vinyasa Yoga	Peace	Sima	All

SUNDAY

TIME	CLASS	STUDIO	INST	LEVEL
09.30 – 11.00	Iyengar Yoga	Peace	Khaled	All
09.30 – 10.15	Cycl'H2O	Pool	Gessica	All
10.00 – 10.25	Bike HIIT 25	Pursuit	Tanya	All
10.30 – 11.15	Strength Training	Pursuit	Tanya	All
11.30 – 12.25	Mat Pilates	Peace	Aga	All
12.45– 13.40*	Pilates Reformer	Reformer	Aga	All

[Aqua Gym](#) is a form of exercise which provides cardiovascular conditioning, increasing your pulse and your breathing rate.

[Ashtanga Yoga](#) This powerful form of Yoga has an emphasis on strength and stamina through energetic patterns of poses. Improve the body's flexibility, physical strength and muscular tone whilst calming the mind and improving circulation.

[Barre Vs HIIT](#) Combining barre and elements of HIIT to really get a sweat on. If you are looking to include cardio into your barre workout this class will push your limits, expect some great heart racers and then feel good slow down burners. This is all about releasing the endorphins and getting the adrenaline going.

[Body Conditioning](#) This is a total body conditioning class that uses body weight and weights to work on strength and tone, as well as aerobic exercise to work on cardiovascular fitness - in short this class combines all aspects of fitness to give you the ultimate full body workout.

[Bounce & Burn](#) Bounce & Burn is a full body workout, but low impact and de-toxifying form of exercise. Rebounding is jumping on a specialised, mini trampoline, aimed at aerobic and core fitness.

[Bike HIIT 45 & 25](#) A specific number of sprints, followed by recovery periods over a 20-minute workout performed on the bike.

[Box- & Burn/Box Grid](#) The ultimate stress buster. A mixture of boxing, skipping, bag work, circuit and more

[Cardio Kick](#) Get the heart rate pumping into those cardio vascular zones with this high impact class! A variety of different cardio based exercises to keep you moving and feeling that burn!

[Combo Ballet Barre](#) A fantastic way to tone your body. Fun ballet-inspired workouts target and isolate small postural muscles through a combination of styles including Yoga and Pilates.

[Cycle & Tone](#) A Class that starts with cardio boost using the spin Bikes then combines body weight exercises. A full body workout fusing Cardio with Strength

[Cycl'H2O](#) The 45min class combines high intensity aqua cycling with circuit training, making the most of water resistance.

[Dance Fitness](#) Dance Your way to fitness in this energetic upbeat class. With a mixture of songs through the decades. You will definitely feel the beat and feel the burn!

[HIIT & METCON](#) will be a blend of cardio and strength training, this workout will be varied, effective and great fun!

[Hatha Yoga](#) This slower paced and more gentle form of yoga is great for beginners. Build your flexibility over time while focusing on your breath.

[Mat Pilates](#) Floor exercises using an exercise mat. Includes low-impact, controlled breathing, during body weight resisted movement to build core strength. Great for improving posture and spinal alignment.

[Mobilisation](#) A class designed to improve posture and reduce injury risk by helping you move your joints safely through their full range of motion

[Peak Performance](#) A high-level strength and fitness class designed to push you to your Peak Performance!

[Pilates Reformer & Tower](#) A variety of exercises can be performed on the Reformer and Tower promote length, strength, flexibility, and balance. A unique way to perform precise exercises safely to build strength, stability and control. It is particularly helpful with, back pain management by improving your core stability.

***Please Note a one to one Reformer induction must be booked before joining any Reformer based Class. Please book and at reception £75**

[Power Cycle](#) Riding at different intensity levels whether it will be endurance, intervals or hills to become stronger, fitter and generating more power on the bicycle using power as a metric to gauge intensity.

[SwimSanity](#) is a high intensity water workout. Every session harnesses the resistive and supportive properties of water, to deliver a safe and strong full body workout for all abilities.

[Strength Training](#) Get stronger in every way while learning the essentials of strength training. The focus is on perfecting technique for a safe and effective gym life!

[Total Shred](#) A dynamic mix of body weight exercises, to push your body to the next level! This workout helps promote fat loss and muscle tone!

[Vinyasa Yoga](#) A vigorous yoga flowing and continuous. The movement is smoothly synchronized to the breath and the poses run together, re-energising your body and mentally relaxing your mind.

[WOD](#) A straight up varied strength class designed to improve strength of all kinds for those with an already conditioned frame looking to take it to the next level.

[Yin Yoga](#) Yin Yoga is a slow-paced style of yoga as exercise, incorporating principles of traditional Chinese medicine, with asanas (postures) that are held for longer periods of time than in other styles.

Please Arrive Promptly for Scheduled Classes as Late Arrivals Will be Refused Entry



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