

CLASS TIMETABLE

MONDAY

07.30 - 08.00 INDOOR CYCLING Abby SS
08.00 - 08.45 PILATES Jacqui LR
09.00 - 09.45 AQUA Jacqui P
09.00 - 09.45 STUDIO STRENGTH Alex R S1
09.15 - 10.15 HATHA Jennifer J LR
09.15 - 10.00 INDOOR CYCLING Vikki G SS
10.00 - 10.45 HILO Vikki G S1
10.00 - 10.45 TOTAL BODY BLITZ Alex R M
11.00 - 11.45 YOGALATES Vikki GS1
11.00 - 12.15 HATHA FLOW Zannah C LR
12.00 - 12.30 UPPER BODY WEIGHTS Vikki G. S1
12.30 - 13.30 PILATES Zannah C LR
13.00 - 13.45 TAI CHI Glenn S1
13.30 - 14.15 60+ CIRCUITS Joe W M
18.00 - 18.45 CARDI TONE Joe W M
18.00 - 18.45 VIBE CYCLE James T SS
18.30 - 19.15 MUSCLE BLITZ Jo L S1
19.00 - 19.45 INDOOR CYCLING Josh B SS
19.00 - 19.45 KETTLEBELLS James T M

TUESDAY

07.30 - 08.00 INDOOR CYCLING Abby SS
09.00 - 09.45 AQUA Charlotte P
09.00 - 09.45 ZUMBA Louise T S1
09.00 - 10.00 HATHA Joanna J LR
09.15 - 10.00 BOOTCAMP Abby M
10.00 - 10.30 REBOUNING Vikki G S1
10.15 - 11.15 HATHA Joanna J LR
10.30 - 11.00 STRENGTH & CONDITIONING Joe W M
10.45 - 11.30 WEIGHT TRAINING Vikki G S1
11.30 - 12.30 PILATES Zannah C LR
11.35 - 12.05 STRETCH Vikki G S1
12.45 - 13.35 TAI CHI Glenn S1
13.30 - 14.15 60+ CIRCUITS Grace M
14.00 - 15.00 MEDITATION Elle LR
17.30 - 18.15 WEIGHT TRAINING James T M
18.00 - 18.45 VINYASA YOGA Elle LR
18.15 - 19.00 CORE James T S1
18.30 - 19.15 WEIGHT TRAINING Verity M
18.45 - 19.15 BEGINNERS SPIN Josh B SS
19.15 - 19.45 AQUA James T P
19.30 - 20.30 BEGINNERS YOGA Julia LR

WEDNESDAY

09.00 - 09.45 LBT Vikki G S1
09.00 - 09.45 BARBELLS & DUMBBELLS Abby M
09.30 - 10.30 PILATES Zannah C LR
09.55 - 10.25 REBOUNING Vikki G S1
10.30 - 11.00 FULL BODY SCULPT Vikki G S1
11.00 - 11.45 CARDIO TENNIS Michael C TC
11.15 - 12.05 TAI CHI Glenn S1
11.30 - 12.00 INDOOR CYCLING Vikki G SS
12.15 - 13.00 YOGALATES Vikki G S1
13.00 - 13.30 TOTAL BODY BLAST Joe W M
13.30 - 14.15 60+ CIRCUITS Joe W M
17.30 - 18.15 HATHA FLOW YOGA Vanessa B LR
18.00 - 18.45 WEIGHTS Grace M
18.30 - 19.15 INDOOR CYCLING Josh B SS
19.30 - 20.15 METABOLIC CONDITIONING Josh B M

THURSDAY

07.15 - 07.45 HIIT Georgina M
06.45 - 07.15 INDOOR CYCLING Abby SS
08.00 - 08.45 PILATES Jacqui LR
09.00 - 09.45 AQUA Jacqui P
09.15 - 10.00 PILATES Joanna S LR
09.15 - 10.00 WEIGHT TRAINING Alex R M
09.30 - 10.00 REBOUNING Vikki G S1
10.00 - 10.30 CORE Vikki G S1
10.15 - 11.15 HATHA Su T LR
10.45 - 11.30 ZUMBA Louise T S1
11.00 - 11.45 INDOOR CYCLING Vikki G SS
11.30 - 12.30 PILATES Joanna S LR
11.35 - 12.05 FOAM ROLLING Vikki G S1
12.15 - 13.05 TAI CHI Glenn S1
13.00 - 13.30 TOTAL BODY BLAST Joe W M
13.45 - 14.30 60+ CIRCUITS Georgina M
17.15 - 18.30 HATHA Vanessa B LR
18.00 - 18.45 BODY BLAST Su T LR
18.30 - 19.15 AQUA James T P
18.30 - 19.15 BOXHIIT Josh B M
19.00 - 19.45 BEGINNERS PILATES Su T LR
19.30 - 20.15 KETTLEBELLS James T M

FRIDAY

07.00 - 07.45 WEIGHTS Grace M
08.00 - 08.45 WAKE UP & RESTORE Jacqui LR
09.00 - 09.45 AQUA Jacqui P
09.00 - 10.00 PILATES Lucy G LR
09.15 - 10.00 HILO Vikki G S1
09.00 - 09.30 HIIT Alex R M
09.35 - 10.05 CORE Alex R M
10.05 - 11.20 HATHA Zannah C LR
10.15 - 11.00 MUSCLE BLITZ Vikki G S1
11.15 - 11.45 COMBAT FITNESS Vikki G S1
11.30 - 12.15 CARDIO TENNIS Michael C TC
11.30 - 12.30 PILATES Zannah C LR
12.00 - 12.30 STRETCH Vikki G S1
13.00 - 13.45 60+ CIRCUITS Grace M
17.30 - 18.15 CARDI TONE Joe W M
18.15 - 18.45 STRETCH Joe W M

SATURDAY

08.45 - 09.15 HIIT John M
09.30 - 10.15 TOTAL BODY BLITZ John S1
10.30 - 11.15 STRETCH & FLOW John S1

SUNDAY

09.30 - 10.15 BOOTCAMP Abby M
09.30 - 10.15 INDOOR CYCLING Josh B SS
10.30 - 11.15 BOXERCISE Josh B S1
17.15 - 18.00 HATHA FLOW Ella S1

Key To Classes
CYCLING
CARDIO
DANCE BASED
WELLBEING
TONING
WATER BASED

Key To Spaces
LR - Lantern Room
M - Mezzanine
P - Pool
S1 - Studio 1
SS - Spin Studio



CLASS TIMETABLE

<p>60+ CIRCUITS</p> <p>A mix of fun, intense cardio & resistance exercises designed to help shred fat & tone muscle.</p>	<p>BOOTCAMP</p> <p>Mixture of body weight exercises & equipment exercises working with interval & strength training.</p>	<p>FULL BODY SCULPT</p> <p>A fusion of cardio & full body conditioning using only your body weight.</p>	<p>MEDITATION</p> <p>A guided visualisation meditation with breath-work, manifestation and a sprinkle of astrology. Offering a moment of pure reset for the mind. Please bring a pillow</p>	<p>STRETCH & FLOW / STRETCH</p> <p>Mat class combining yoga / Pilates & development stretches.</p>	<p>YOGALATES</p> <p>Fitness routine that combines Pilates exercises with the postures & breathing techniques of yoga.</p>
<p>AQUA</p> <p>A complete body workout where you can choose your own intensity level using flotation weights & woggles.</p>	<p>BOXERCISE/BOXHIIT</p> <p>Work on your boxing technique & cardio fitness. You will be paired with a partner switching out using the pads & gloves.</p>	<p>HATHA / HATHA FLOW/YOGA</p> <p>Combines physical postures, breathing techniques, meditation & relaxation to promote mental & physical well-being.</p>	<p>METABOLIC CONDITIONING</p> <p>Combining strength, technique & cardio conditioning. Working on both anaerobic & aerobic exercises.</p>	<p>STUDIO STRENGTH / MUSCLE BLITZ</p> <p>A body conditioning class using our rebook studio barbells and weights focusing on low weight and high repetition to burn fat and gain strength.</p>	<p>ZUMBA</p> <p>Full blown cardio workouts where you'll work up a sweat dancing.</p>
<p>BARBELLS & DUMBELLS</p> <p>It's a fun strength- building class that's perfect for everyone. Learn proper form and technique in a supportive environment.</p>	<p>CARDI TONE</p> <p>Using a mixture of cardio exercises & body weight circuit exercises while consisting of lower intensity toning exercises using weights &/or body weight to tone the muscles.</p>	<p>HIIT</p> <p>High intensity interval training, giving 100% effort through quick intense bursts of exercise followed by short rest periods.</p>	<p>PILATES</p> <p>A low impact conditioning class that helps activate the essential muscles around your core.</p>	<p>TAI CHI</p> <p>Gentle physical exercises & stretches. Each posture flows into the next without a pause, ensuring the body is in constant motion.</p>	
<p>BEGINNERS PILATES</p> <p>An introduction to Pilates, learning the fundamental movements.</p>	<p>CARDIO TENNIS</p> <p>Fun, sociable group fitness class. Get to work on your tennis technique while playing high intensity games which get you moving & working hard.</p>	<p>HILO</p> <p>Choreographed aerobics class using old school moves.</p>	<p>POWER YOGA</p> <p>A comprehensive, full body cardio & strength building workout.</p>	<p>UPPER BODY WEIGHTS</p> <p>Working on the upper body helping develop a strong upper body & good posture.</p>	
<p>BEGINNERS SPIN</p> <p>Enhancing your cycling endurance, tailored for beginners.</p>	<p>CORE/CORE CONDITIONING</p> <p>Low impact strength training class, get stronger, improve your posture and keep your joints healthy.</p>	<p>INDOOR CYCLING</p> <p>Enhancing your cycling endurance & strength.</p>	<p>REBOUNding</p> <p>Zero impact exercise style by performing a series of small controlled movements to the beat of the music on mini trampolines</p>	<p>VINYASA YOGA</p> <p>Stretchy, dynamic yoga flow with elements of balance and challenge. Connect your mind, body and breath. Leave feeling reset.</p>	
<p>BEGINNERS YOGA</p> <p>Getting you comfortable in the fundamental poses & can perform them with proper alignment.</p>	<p>EQUIPMENT PILATES</p> <p>Highly tailored class completing a series of exercises with Pilates equipment.</p>	<p>KETTLEBELLS</p> <p>Using kettlebells for a variety of exercises that improve strength, cardio & balance.</p>	<p>RESTORATIVE ROLLERS</p> <p>A slow paced recovery class incorporating foam rolling, stretching & mobility.</p>	<p>WAKE UP & RESTORE</p> <p>Whole-body stretch by combining Pilates & yoga to help you awaken, shake off grogginess & restore your sense of balance.</p>	
<p>TOTAL BODY BLAST/BLITZ</p> <p>A fast paced strength & conditioning class, using a range of weights & cardio.</p>	<p>FOAM ROLLING</p> <p>Using foam rollers to relieve muscle tension & soreness.</p>	<p>LBT</p> <p>Strengthen & tone all the major muscle in your legs, glutes & core, using a mixture of bodyweight & optional weighted exercises.</p>	<p>STRENGTH & CONDITIONING</p> <p>Wide ranges of exercises developed to build a variety of skills with a focus on the components of fitness.</p>	<p>WEIGHT TRAINING / WEIGHTS</p> <p>Using a mix of dumbbells, barbells & kettlebells for a full body session.</p>	