

SPECIALISED

5AM CLUB / 5PM CLUB is a unique training structure, combining the best of strength and conditioning with a progressive, results-based program. Designed by specialists and suitable for all levels.

AF STRENGTH experience the power and intensity of our full-body strength group fitness class, where dynamic movements ignite every muscle, torch calories, and leave you feeling stronger and more alive than ever before.

AGELESS is a movement-based class that empowers you to enhance balance, coordination, and functional strength. Embrace the power of movement, and redefine what it means to be ageless!

BARRE a low impact, high intensity workout combining the best of Pilates, cardio and resistance training. Suitable for all fitness levels, Barre focuses on movements that will strengthen and lengthen muscles whilst building stability and support throughout the joints.

BOOTCAMP get ready to sweat! Unleash your inner warrior in our bootcamp, where functional equipment and challenging exercises push your physical and mental limits to new heights, leaving you stronger, fitter, and ready to conquer

FIT TO BE is a self-paced circuit that is effective and an enjoyable way to improve functional strength and overall fitness. This one is for everyone it's fun to be fit.

FOREVER FIT is a fantastic option for individuals of all ages and fitness levels. This class focuses on combining strength, fitness, balance and co-ordination providing a low-impact workout that still offers high energy and effective results.

PILATES is a truly amazing way to strengthening the core, increasing flexibility, and improving coordination. Pilates is a low-impact exercise that involves a series of controlled movements that focuses on the body's core muscles, including the abdomen, back, and hips.

RAPID FIT is a dynamic fast-paced group fitness class designed to enhance both your strength and cardiovascular fitness levels in just 45 minutes. The class incorporates a combination of exercises utilising barbells, body weight movements, and cardio elements to elevate your heart rate and challenge your entire body.

STRENGTH & CONDITIONING is designed to enhance physical performance and improve overall fitness levels. Classes typically include a combination of resistance training, weightlifting, and cardiovascular exercises to target different aspects of fitness. This workout can be beneficial for all ages and fitness levels, as the intensity and difficulty of the exercises can be adjusted to match each individual's abilities.

LES MILLS

BODYATTACK™ is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

BODYBALANCE™ build strength, improve flexibility and feel calm and serene with this yoga-based class that features elements of Pilates and tai chi.

BODYCOMBAT™ a high energy non-contact martial arts-based workout. Punch and kick your way to getting fitter while having fun and burning lots of calories.

BODYPUMP a strength class using a barbell and weight plates. You will tone and shape your entire body, improve core strength and bone health. The high rep effect builds muscular endurance and allows you to burn lots of calories during and after the class.

BODYSTEP™ is a cardio workout to improve overall fitness that will also tone and shape your butt and thighs. It's a fun and energetic way to burn calories. This class is designed for all fitness levels, as you choose the exercise that is right for you.

CORE™ a workout for incredible core definition and sports performance using resistance bands, weights and bodyweight exercises. This class is all about building strength, stability and endurance in the muscles that supports your core.

SHAPES™ is an invigorating blend of Pilates, barre, and power yoga set to modern beats. With small, controlled movements, you sculpt and strengthen all major muscle groups, improve alignment and increase flexibility. It's a low impact but intense way to heat up your training.

STRENGTH DEVELOPMENT™ is progressive strength training, meaning each workout focuses on a specific training protocol for building strength over the 12 workouts. This ranges from Foundational Strength, to Hypertrophy, to Pure Strength, while the structure and feel is very different to Bodypump.

YOGA

JAPANESE KI YOGA this is a yoga like you have never done before. It emphasises gentle movements, combines traditional yoga poses with Japanese holistic techniques like meridian stretching and breathing exercises, promoting physical and mental balance. This class is mostly taught on the floor.

KI YOGA FLOW is a unique blend of Japanese Ki Yoga and Yoga Flow. Flow with the seasons.

YIN YOGA is a slow-paced style where poses are held for longer periods, targeting deep connective tissues and fascia. It promotes relaxation, flexibility, and mindfulness.

YOGA a unique hybrid of various yoga modalities. Designed to improve movement, flexibility and overall well-being.

YOGA FLOW is a harmonious sequence of poses that seamlessly transition, focusing on breath, promoting strength, flexibility, and mindfulness for overall well-being.

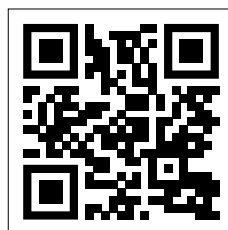
THE BUNKER

TEAM Join the squad! This hybrid class mixes Ergs with functional equipment to boost strength, endurance, and improve overall fitness. A social workout designed to keep you motivated and connected through team challenges and partner intervals.

SWEAT Designed to boost your fitness and burn some serious calories, this is your chance to sweat it out solo with Concept 2. Perfect for all fitness levels, whether you're just get started or looking to elevate your game. The personalised app allows you to track your progress for continued results.



2024 SUMMER TIMETABLE



For more information or to view the timetable online scan the QR code.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM							
5:30AM	5AM CLUB 45	5AM CLUB 45	5AM CLUB 45	5AM CLUB 45	5AM CLUB 45		
6:00AM							
6:30AM	STRENGTH & CONDITIONING 60	Strength Development 45	STRENGTH & CONDITIONING 60	RAPID FIT 45	LES MILLS BODYPUMP 60		
7:00AM							
7:30AM							
8:00AM						STRENGTH & CONDITIONING 60	
8:30AM							
9:00AM	LES MILLS BODYCOMBAT 60	LES MILLS BODYPUMP 60	LES MILLS BODYSTEP 60	LES MILLS BODYPUMP 60	LES MILLS BODYCOMBAT 60	LES MILLS BODYSTEP 60	LES MILLS BODYPUMP 60
9:30AM							
10:00AM	AF STRENGTH 60	LES MILLS CORE 30	AF STRENGTH 60	LES MILLS CORE 30	LES MILLS BODYPUMP 60	LES MILLS BODYPUMP 60	LES MILLS Shapes 45
10:30AM	FOREVER FIT EXPRESS 30	LES MILLS BODYATTACK 30		JAPANESE KI YOGA 60			
11:00AM		FOREVER FIT 60			FOREVER FIT 60		
11:30AM							
4:30PM							
5:00PM	LES MILLS BODYPUMP 60		LES MILLS Shapes 45				
5:30PM			Strength Development 45				
6:00PM	LES MILLS CORE 30	LES MILLS BODYPUMP 60	LES MILLS CORE 30	LES MILLS BODYPUMP 60			GROUP FITNESS
6:30PM	LES MILLS BODYATTACK 30						

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM							
6:30AM				KI YOGA FLOW 60			
7:00AM							
8:30AM							
9:00AM	BARRE 45	JAPANESE KI YOGA 60	BARRE 45	PILATES 60	YOGA FLOW 60		
9:30AM							
10:00AM	YOGA FLOW 60	PILATES 45	LES MILLS BODYBALANCE 60		BARRE 45	LES MILLS BODYBALANCE 60	YOGA 60
10:30AM							
11:00AM							
11:30AM	FIT TO BE 30		AGELESS 60		EXPRESS AGELESS 30		
12:00PM							
5:30PM							
6:00PM		BARRE 45					
6:30PM	LES MILLS Shapes 45		YIN YOGA 60				
7:00PM		YOGA 60		LES MILLS BODYBALANCE 60			WELLNESS
7:30PM							

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM							
6:30AM		BOOTCAMP 45			BOOTCAMP 45		
8:30AM							
9:00AM							
9:30AM				EXPRESS BOOTCAMP 30			
5:00PM							
5:30PM		5PM CLUB 45		5PM CLUB 45			
6:00PM	BOOTCAMP 60		EXPRESS BOOTCAMP 30				OUTDOORS
6:30PM							

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM			NEW TEAM 30				
6:30AM							
9:00AM		NEW SWEAT 30			NEW TEAM 30		
9:30AM							
6:00PM				NEW SWEAT 30			
6:30PM							THE BUNKER
7:00PM	NEW TEAM 30						