

JUNE CLASS TIMETABLE

Monday

07h00 – Ride 3500 (30mins)
07h00 – Power Yoga (45mins)
07h30 – Bootcamp (45mins)
08h00 – Cardio Sculpt (45min)
09h15 – Bootcamp (45mins)
09h15 – Ride 3500 (30mins)
10h00 – Pump (60mins)
11h30 – Flow (60mins)
12h30 – Ride 3500 (30mins)
13h10 – Stretch (20mins)
14h00 – Flying Yoga (60mins)
19h00 – Boxing Circuits (45mins)

Tuesday

08h00 – Sunrise Flow (45mins)
09h15 – Ride 2500 (45mins)
09h15 – Flying Yoga (60mins)
10h30 – Mat Pilates (60mins)
12h30 – TRX Core (30mins)
13h00 – Barre (60mins)
18h00 – Cardio Circuits (45mins)
19h00 – Ride (45mins)



T H I R T Y · N I N E
M O N T E C A R L O

Wednesday

07h00 – Ride 3500 (30mins)
07h00 – Bootcamp (45mins)
08h00 – Hit & Run (45mins)
08h00 – Mat Pilates (60mins)
09h15 – Ride 3500 (30mins)
09h15 – LBT Bootcamp (45mins)
09h00 – Mat Pilates (60mins)
10h00 – Flying yoga (60mins)
12h00 – Pump (45mins)
12h30 – Ride 3500 (30mins)
13h00 – 30/30 (60mins)
17h30 – HIIT 45 (45mins)
18h30 – Ride (45mins)
19h15 – Stretch (15mins)

Thursday

07h00 – Homme Power (45mins)
08h00 – Cardio Sculpt (45mins)
09h15 – Ride 2500 (45mins)
09h15 – Flying Yoga (60mins)
10h05 – Ride 2500 (25mins)
10h30 – Mat Pilates (60mins)
12h00 – Barre (60mins)
14h00 – Core Yoga (45mins)
18h30 – TRX Core (30mins)
19h00 – Strength Circuits (45mins)

Friday

07h00 – Ride 3500 (30mins)
07h30 – Bootcamp (45mins)
08h00 – Boxing Circuits (45mins)
09h15 – Bootcamp (45mins)
09h15 – Ride 3500 (30mins)
09h30 – Hatha (60mins)
11h30 – Pump (60mins)
12h30 – Ride 3500 (30mins)
13h10 – Stretch (20mins)
14h00 – Flying Yoga (60mins)

Saturday

09h15 – Ride 2500 (45mins)
10h30 – HIIT 45 (45mins)

Sunday

10h00 – Ride 2500 (45mins)
11h00 – HIIT 45 (45mins)

RIDE 3500/2500

Group cycle class run at either 2500m or 3500m above sea level (Altitude). High intensity class.

BOOTCAMP

A mix of strength and conditioning training using body weight, free weight, and cardio exercises.

CARDIO SCULPT

A conditioning class using cardio circuit and high rep strength training to sculpt a leaner physique.

HIIT 45

45-minute high intensity interval training, designed to give a full body workout. Will have you sweating.

HIT & RUN

Cardio based workout including cardio training with boxing intervals to really get those heart rates up.

BOXING CIRCUITS

45 min boxing cardio workout. Working on your boxing technique as well as a fun, group class.

PUMP

Weight based strength training. High rep, low weight to help build strength and a leaner look.

CARDIO/STRENGTH CIRCUITS

45 min circuit class, using the functional training equipment to raise your heart rate whilst building strength.

TRX CORE

30 min TRX based workout, focusing on using the TRX to build a strong core, whilst adding strength to your whole body.

DANCE

60 min fun, mixed principle dance based workout. Using techniques including Salsa, Pop, Hip Hop, Latina.

BARRE

A ballet barre-based workout using the art of ballet to build strength, whilst also building a better posture and physique.

STRETCH

20 min stretch class, designed to offer the guidance of stretching properly.

MAT PILATES

Using the STOTT principles, a mat-based Pilates workout, suitable for Pilates beginners, to teach the principles of Pilates and begin to build strength and confidence.

POWER YOGA/HOMME POWER

45 min Power yoga class, using yoga in a way to build strength throughout your entire body, whilst still offering you the lean lines of yoga.

FLOW/SUNRISE FLOW

Using Vinyasa yoga, working through a series of sequences, leaving you feeling energized and ready for your day.

FLYING YOGA

Aerial yoga using silk hammocks to allow you to take your yoga pose further, engage & lengthen your muscles even more due to the suspension

HATHA

Connecting your breathing to the movement, going through, and using the basic principle. A less strenuous discipline than Vinyasa.

CORE YOGA

45 min yoga class designed to offer a core focused workout using techniques from all the different styles.

30/30

A new class designed as 30 mins of cardio circuit training to raise your heart rate followed by 30 mins of yoga to work on your strength and then into relaxation.