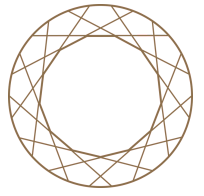


GROUP CLASSES

SEPTEMBER-DECEMBER

Fall edition



RIDE

We don't spin. We Ride.

Banging playlists, amazing lighting, and sick sound systems. Are you ready for the #RideOfYourLife? With our trainers curating their own playlists, Ride to the beat, and feel the burn to get that full body workout.

CARDIO/HIGH INTENSITY

ULTIMATE SLIM LEG

A 45-minute sweat dripping class split between mini-trampoline and lower body strength training focus paired with a high energy instructor to motivate you all the way through to the knockout round. Turn the energy up and get ready to shred cellulite. Don't worry no experience necessary.

RUMBLE HIIT BOXING

A 45-minute sweat dripping class split between boxing and strength training paired with a high energy instructor to motivate you all the way through to the knockout round. Turn the energy up. Get ready and hustle hard. Don't worry no experience necessary. No contact boxing

DONNA METHOD

A mix of full-body workout as dance steps and energetic movements using small weights. Goals: toning, weight loss, lean muscle and endurance.

LEGS, BUMS & TUMS

A workout for your abdomen & lower body using body weight, weights, and cardio exercises. The focus is on toning and tightening these specific areas.

TRX CIRCUITS

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

ZUMBA

A total workout combining Latin, international music & all elements of fitness-cardio, muscle conditioning, balance & flexibility

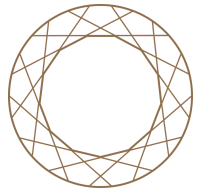
CARDIO STEP CIRCUITS

All the benefits of a high-intensity cardio workout without putting stress on your joints. It improves overall fitness by building strength, burns calories, boost mood and energy levels. The moves target your legs, upper body, and core, building strength and flexibility, improving balance, coordination, and agility.

GROUP CLASSES

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BOOTCAMP 2.0

Functional training to give you full body workout. A great workout for all levels of fitness.

CONDITIONING CIRCUITS

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

RED INTENSITY TRAINING

Our high-intensity interval training will push you to your limits in a very different mood and atmosphere!!! Alternate muscle work to ensure a balanced workout and appropriate recovery time. Ready to take the challenge ?

HOLISTIC

BARRE

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

TRX PILATES

A workout that makes Mat Pilates exercises more intense by using TRX equipment; but also provides lot of modifications to decrease or increase intensity of exercises

BIKINI BODY

Class designed to tone and perfect the silhouette for summer. Focuses on the glutes, legs, shoulders & abs.

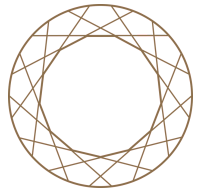
STRETCHING

This 30 minute class is designed to help you body recover from your dedicated daily exercises, or your daily non-movement!

GROUP CLASSES

SEPTEMBER-DECEMBER

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PILATES & YOGA

VINYASA FLOW

Powerful practice which incorporates breath work to a dynamic flow sequence. More vigorous postures, arm balances and inversions will be linked to practice. Modifications will be shown to guide each student to their own personal edge.

AERIAL FITNESS

Use the aerial hammock to workout like an aerialist. Strengthens your whole body fighting against gravity!

HATHA FLOW

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

HATHA YOGA PILATES FLOW

Class where elements both from Hatha yoga and Pilates are combined to create a fusion of mind, body approach. We will strengthen the body from inside out, improve flexibility and control while also inducing zen mood and bringing the elements of deep inner work.

YIN YOGA

While most yoga practices will stretch and strengthen the muscles, yin yoga is going to bring the stretch into deeper connective tissue by staying in the pose several minutes.

SMART FLOW

SmartFLOW Yoga is a modern approach of vinyasa yoga with an anatomically sound foundation and inspired, creative sequencing.

HIGH INTENSITY PILATES

HIIT focuses on large, global muscles and Pilates works on the core, so when combined they work on both large and small muscle groups. This ensures a whole-body focus.

REFORMER CIRCUITS

A intense and dynamic Reformer Pilates class using reformer machines.

MAT PILATES

Using the STOTT principles, a mat-based Pilates workout, suitable for Pilates beginners. Teaches the principles of Pilates, builds strength and confidence.

TRADITIONAL YOGA

In the traditional practice of Hatha Yoga, you can learn to master the key yoga poses, breathing techniques, and relaxation methods. This practice strengthens the body and mind and promotes overall well-being.