

GROUP CLASSES DESCRIPTIONS

Summer 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.

MOVE & RIDE

A Rhythm-based class focuses largely on the beat of the music; this usually includes higher energy songs, with build ups-and clear beat drops.

RIDE & RUN (ZWIFT)

Let's work combining a mix of Zwift cycling and running during 45 mins. Benefits of this class include weight loss, improved strength, and endurance.

CARDIO/HIGH INTENSITY

RESHAPE HIIT

It's a Full Body Strength! Enter our most grueling workout and prepare to be mentally + physically challenged. Expect quick fire rounds of high-powered treadmill sessions, dynamic weight sequences and a whole lot of endorphins. Each session you'll burn hard in endurance and speed treadmill training, and the use of weights to suit your level, designed to mold your body and break barriers. It's an experience that will challenge, inspire, and push you to exertion that you never thought was possible.

RUMBLE HIIT (BOXING)

A boxing hard-hitting session that incorporates explosive speed, footwork, strength but most of all willpower. 45 minutes of sound and energy, it's a boxing battle between you and your bag. Be ready to learn the foundations of boxing from your stance and form to killer punching combos, interspersed with Interval training on treadmill.

CONDITIONING CIRCUITS

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

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.

CARDIO STEPS 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.

TRX CIRCUITS

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

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ZUMBA

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

ENERGY JAM

Energy jam is a fun and energetic dance cardio class. In the energy jam class, you don't need extensive dance experience because your experienced instructor will guide you through simple jams. All you need is your cheerful and joyful attitude. A class for everyone, which combines fitness and joyful jamming

TONING UP

A class where the traditional fitness group class is taken to the gym floor. It's the ideal workout for anyone looking to improve strength and cardiovascular fitness in one class. If you enjoy working out in the group that combines traditional weight room exercises, this is your go to class! Our experienced coaches guide you through, allowing everyone to join in the class, no matter what your starting point is

BOOTCAMP

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

RED INTENSITY TRAINING

Ready to burn maximum calories?? 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.

All this just for you!!! Ready to take the challenge ?

FUNCTIONAL TRAINING

A class full of exercises that condition your body through strength, agility and stability movements.

WAKE UP WORKOUT

Dynamic class based on general muscle strengthening, consisting of bodyweight or weight exercises with cardio.

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

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.

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PILATES & YOGA

AERIAL 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.

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.

HATHA FLOW

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

MAT PILATES

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

PILATES YOGA FUSION

Class with a strong emphasis on the core strengthening principles found in Pilates. Balance and alignment is still a focal point of this technique through the mixture of traditional yoga. The unique combination is an excellent option to help with toning muscles, as it gets your heart rate up while still stretching muscles.

PILATES & MEDITATION

Intense 30min Pilates session combined with 15min meditation that will help to center yourself back, reset and restart the day!

STRETCH

STRETCHING

All about setting aside dedicated time to stretch your muscles.

STRETCH & MOBILITY

Mobility and stretching exercises in movement or passive.

ABS & STRETCH

Stretch & abdominal work to draw muscle, strengthen posture and improve back support.