

GROUP CLASSES NOVEMBER



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

- 07.00 - 07.45
PRIMAL YOGA
- 08.00 - 08.45
RIDE
- 09.00 - 09.45
ENERGY JAM
- 09.15 - 10.00
RIDE
- 10.00 - 10.45
MAT PILATES
- 10.00 - 10.45
RESHAPE HIIT
- 18.30 - 19.15
TONING UP

- 7.30 - 8.15
RIDE & RUN (ZWIFT)
- 08.00 - 08.45
AERIAL YOGA
- 09.00 - 09.45
RUMBLE HIIT
- 09.00 - 09.45
RIDE
- 10.00 - 10.45
LEGS, BUMS & TUMS
- 11.00 - 11.45
ZUMBA
- 12.30 - 13.15
BARRE
- 18.30 - 19.15
ENERGY JAM

- 08.00 - 08.45
CONDITIONING CIRCUITS
- 09.00 - 09.45
RIDE
- 10.00 - 10.45
BOOTCAMP 2.0
- 11.00 - 11.45
TRX PILATES
- 14.00 - 14.45
BARRE
- 18.30 - 19.15
RESHAPE HIIT

- 07.00 - 07.45
ASHTANGA YOGA FOUND
- 07.30 - 08.15
RIDE & RUN (ZWIFT)
- 08.00 - 08.45
HIGH INTENSITY PILATES
- 09.15 - 10.00
RIDE
- 10.00 - 10.45
BOOTCAMP 2.0
- 10.00 - 10.45
MAT PILATES
- 12.30 - 13.15
BARRE
- 18.30 - 19.15
RIDE

- 7.30 - 8.15
RIDE & RUN (ZWIFT)
- 09.15 - 10.00
RIDE
- 10.00 - 10.45
MAT PILATES
- 10.00 - 10.45
RESHAPE HIIT
- 11.00 - 11.45
HIGH INTENSITY PILATES
- 12.30 - 13.15
TRX

- 10.00 - 10.45
RIDE
- 10.00 - 10.45
HATHA FLOW
- 11.00 - 11.45
RESHAPE HIIT

- 11.00 - 11.45
RIDE

GUIDE

ESTIMATE CALORIC EXPENDITURE/HOUR

- **CYCLING** 350 - 600
- **YOGA/PILATES** 140 - 500
- **HOLISTIC** 240 - 420
- **CARDIO/HIGH INTENSITY** 420 - 630

★ **NEW CLASS**

• CLASSES ARE SUBJECT TO CHANGE DUE TO VARIOUS CIRCUMSTANCES
• PLEASE CONTINUE TO CHECK THE 39 APP FOR ANY AMENDMENTS MADE TO THE SCHEDULE.



GROUP CLASSES DESCRIPTIONS



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

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

GLUTES, GAIN & ABS

Focuses on toning and building the core of the body—abdominals, lower back, hips, glutes, and thighs

TRX

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

GROUP CLASSES DESCRIPTIONS



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

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.

PILATES & YOGA

PRIMAL YOGA

A playful and challenging blend of functional mobility, dynamic yoga and somatic movement practices, aimed at helping us further develop body awareness, active flexibility, body-weight strength, and ultimately become better movers.

ASHTANGA YOGA FOUNDATIONS

A playful and functional exploration of the foundations of the Ashtanga vinyasa method aimed at helping us become stronger, suppler, and more in tune with our body.

ASHTANGA YOGA

A dynamic, flowing style that connects the movement of the body with the breath.