Canary Wharf Class Schedule

THIRD

SPACE

	Wiond	шу			Tuesuay				Wettilest	шу			mursua	Ly			Tituay				Saturua	,	
6	:15 The WOD	Andy	Canada	6:15	Formula 3	Danny	Canada	6:15	Formula 3	Danny	Canada	6:15	LGA	Andy	Canada	7:00	Vinyasa Yoga	David	M&B	8:05	Yard WOD	Andy	Yard
7:	oo Yard WOD	Alex R	Yard	7:00	Yard WOD	Andy	Yard	6:30	Metaburn	Daisy	Bank	6:45	Hardcore Cycle	Craig	Cycle	7:00	Yard WOD	Alex R	Yard	8:15	Formula 3	Alex R	Canada
7:	oo Vinyasa Yoga	David	M&B	7:00	Dynamic Pilates	Vivianne	M&B	7:00	Yard WOD	Kate	Yard	7:00	Yard WOD	Kate	Yard	7:15	Lift	Daisy	Canada	8:30	Step	Leanne	Bank
7	:15 Lift	Andy	Canada	7:15	Extreme	Danny	Canada	7:00	Vinyasa Yoga	Amanda	M&B	7:00	Vinyasa Yoga	David	M&B	6:45	Poweride	Vicki	Cycle	9:00	Yard WOD	Andy	Yard
	20 Speed Fiends	Emma K	Woodways	7:30	Boxing	Stefan	Combat		The WOD	Danny	Canada	7:15	The WOD	Andy	Canada		Yard WOD	Alex R	Yard		Vinyasa Yoga	-	M&B
			•		-					•				-	Combat				M&B				Canada
	:45 Just Ride	Susie	Cycle	6:45	Hardcore Cycle	Char	Cycle		Extreme	Daisy	Bank	7:30	Boxing	Stefan			Hatha Yoga	David			Formula 3		
	:00 Yard Kettlebells	Alex R	Yard	8:00	Yard WOD	Andy	Yard		Poweride	Stacey	Cycle	8:00		Kate	Yard	9:20	Sweat X	Alex R	Woodways		Force	Vicki	Bank
8:	:00 Hatha Yoga	David	M&B	8:15	Formula 3	Danny	Canada	8:00	Yard Kettlebells	Kate	Yard	8:00	Hatha Yoga	David	M&B						Boxing FDM	Natalie G	Combat
8	15 Formula 3	Andy	Canada	9:00	Yard Kettlebells	Andy	Yard	8:15	Formula 3	Danny	Canada	8:15	Formula 3	Andy	Canada					9:45	Hardcore Cycle	Craig	Cycle
9	20 Speed Fiends	Alex R	Woodways	9:20	Sweat X	Danny	Woodways	9:20	Speed Fiends	Danny	Woodways									10:00	Yard Kettlebells	Andy	Yard
																				10:00	Vinyasa Yoga	David	M&B
																				10:15	The WOD	Alex R	Canada
12	::oo Yard WOD	Andy	Yard	11:00	Yard WOD	Andy	Yard	11:00	Yard WOD	Kate	Yard	11:00	Yard WOD	Andy	Yard	12:00	Yard WOD	Alex R	Yard	10:20	Speed Fiends	Emma	Woodways
12	2:15 Formula 3	Alex R	Canada	12:00	Yard WOD	Andy	Yard	12:00	Yard WOD	Kate	Yard	12:00	Yard WOD	Andy	Yard	12:00	Dynamic Pilates	Veronique	M&B	10:30	The Method	Vicki	Bank
	2:30 Method	Vicki	Bank	12:00	Dynamic Pilates	Vivianne	M&B	1275	Force	Vicki	Canada	12:00	Vinyasa Yoga	Jamie	M&B		Force	Nat L	Canada		Boxing	Natalie G	Combat
	230 Boxing	Nat G	Combat		The WOD	Sally	Canada		LGA	Danny	Bank		The WOD	Kate	Canada		Hardcore Cycle	Channah			Just Ride		Cycle
	-			12:15		,		-											-				•
	::45 Hardcore Cycle	Susie	Cycle	12:30	LGA	Danny	Bank		Poweride	Stacey	Cycle		Boxing	Natalie G			Sweat X	Alex R	Woodways		Hatha Yoga		M&B
-	:00 Yin Yoga	Meg	M&B	12:45	Just Ride	Susie	Cycle	-	Hatha Yoga		M&B		Just Ride	Vicki	Cycle	13:00	Pulse	Rachel	Bank	11:15			Canada
	3:15 Formula 3	Alex R	Canada					13:15	Metaburn	Sally	Canada	13:15		Kate	Canada						Sweat X	Emma	Woodways
13	:30 Zumba	Louisa	Bank									13:15	Yard Kettlebells	Sally	Yard					11:30	Zumba	Louisa	Bank
																				11:45	Just Ride	Craig	Cycle
																				12:00	Yard XL	Alex R	Yard
																				12:15	The WOD	Andy	Canada
16	:00 Yard WOD	Airida	Yard	16:00	Yard WOD	Alex R	Yard	16:00	Yard Kettlebells	Sally	Yard	16:00	TRX MAX	Sally	Functional	16:00	Yard WOD	Daisy	Yard	12:20	Sweat X	Emma K	Woodways
17	:00 Yard WOD	Airida	Yard	16:20	Sweat X	Faisal	Woodways	17:00	Yard WOD	Sally	Yard	17:00	Yard WOD	David C	Yard	17:00	Yard Kettlebells	Daisy	Yard	12:30	Zumba	Louisa	Bank
	:45 Just Ride	Channah		17:00	Yard WOD	Alex R	Yard		Force	Natalie L			Formula 3	Sally	Canada		Hatha Yoga	Suzan	M&B		Yard Kettlebells		Yard
	too Yard WOD	Daisy	Yard		Hatha Yoga	Ruben	M&B		Boxing	Natalie G			Poweride	Vicki	Cycle		Metaburn	Nat L	Canada		Classical Pilates		M&B
				17:00	_													Channah					
	Dynamic Pilates	Marie J	M&B	17:15	Core 45	Sally	Canada		Zumba	Louisa	Bank		Yard WOD	David C	Yard		Hardcore Cycle		•		The WOD	Emma K	
	3:15 The WOD	Airida	Canada	17:30	Boxing FDM	Natalie G	Combat		Hardcore Cycle	Vicki	Cycle		Rocket Yoga	Peace	M&B		Vinyasa Yoga	Suzan	M&B		Yard WOD	David C	
18	3:30 Force	Natalie L	Bank	17:30	Metaburn	Vicki	Bank	18:00	Yard WOD	Sally	Yard	18:15	Metaburn	Sally	Canada	18:15	Force	Nat L	Canada	14:00	Dynamic Pilates	Clara P	M&B
18	3:30 Kickboxing	Madlen	Combat	17:45	Poweride	Susie	Cycle	18:00	Yin Yoga	Sharon	M&B	18:30	Kickboxing	Stefan	Combat	19:00	Yin Yoga	Suzan	M&B	15:00	Yard WOD	David C	Yard
18	3:45 Hardcore Cycle	Channah	Cycle	18:00	Yard WOD	Faisal	Yard	18:15	Extreme	Natalie L	Canada	19:00	Yin Yoga	Peace	M&B								
19	:00 Yard Kettlebells	Daisy	Yard	18:00	Vinyasa Yoga	Ruben	M&B	18:30	Boxing	Nat G	Combat	19:15	The WOD	Sally	Canada						Sunday	y	
19	:00 Vinyasa Yoga	David	M&B	18:15	The WOD	Sally	Canada	18:30	Zumba	Louisa	Bank	19:20	Sweat X	David C	Woodways								
19	:30 Boxing	Nat G	Combat	18:20	Sweat X	Alex R	Woodways	18:45	Just Ride	Vicki	Cycle	19:30	Kickboxing	Stefan	Combat					9:15	Formula 3	Danny	Canada
19	:45 Speed Fiends	Airida	Woodways	18:30	Method	Vicki	Bank	19:15	Formula 3	Sally	Canada									9:30	Yard WOD	Sally	Yard
10	:30 Metaburn	Natalie L	Bank	18:30	Boxing	Natalie G	Combat	10:20	Speed Fiends	Natalie L	Woodways									9:30	Boxing	Natalie G	Combat
	:00 Vinyasa Yoga	David	M&B	18:45	Just Ride	Susie	Cycle		Boxing FDM	Nat G	Combat										Dynamic Pilates	Suzan	M&B
		Airida	Woodways		Yard WOD	Faisal	Yard		Sweat X		Woodways										•		Canada
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				19:00	Hatha Yoga	Ruben	M&B														Boxing	Natalie G	
				19:15	Formula 3	Sally	Canada														Yard Kettlebells		Yard
				19:20	Speed Fiends	Alex R	Treadmills														Hardcore Cycle		Cycle
				20:15	Yard Kettlebells	Alex R	Yard													11:00	Hatha Yoga	Suzan	M&B
				19:30	Boxing	Natalie G	Combat													11:15	Lift	Danny	Canada
																				11:30	Yard WOD	Will P	Yard
																				11:30	Boxing	Natalie G	Combat
																				11:45	Poweride	Stacey	Cycle
																						Suzan	M&B
																				12:00	Vinyasa Yoga		
																					Vinyasa Yoga The WOD	Sally	Canada
																				12:15	The WOD		Canada
																				12:15 12:20	The WOD Speed Fiends	Danny	Woodways
																				12:15 12:20 12:30	The WOD Speed Fiends Yard WOD	Danny Will P	Woodways Yard
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																				12:15 12:20 12:30 13:00 13:15	The WOD Speed Fiends Yard WOD Yin Yoga LGA	Danny Will P Suzan	Woodways Yard
																				12:15 12:20 12:30 13:00 13:15	The WOD Speed Fiends Yard WOD Yin Yoga	Danny Will P Suzan Sally	Woodways Yard M&B
																				12:15 12:20 12:30 13:00 13:15 13:20	The WOD Speed Fiends Yard WOD Yin Yoga LGA	Danny Will P Suzan Sally	Woodways Yard M&B Canada Woodways
																				12:15 12:20 12:30 13:00 13:15 13:20	The WOD Speed Fiends Yard WOD Yin Yoga LGA Sweat X	Danny Will P Suzan Sally Danny Veronique	Woodways Yard M&B Canada Woodways
																				12:15 12:20 12:30 13:00 13:15 13:20 14:00	The WOD Speed Fiends Yard WOD Yin Yoga LGA Sweat X Dynamic Pilates	Danny Will P Suzan Sally Danny Veronique	Woodways Yard M&B Canada Woodways M&B Canada
																				12:15 12:20 12:30 13:00 13:15 13:20 14:00	The WOD Speed Fiends Yard WOD Yin Yoga LGA Sweat X Dynamic Pilates Core 45	Danny Will P Suzan Sally Danny Veronique Sally	Woodways Yard M&B Canada Woodways M&B Canada

Wednesday

Thursday

Tuesday

ATHLETIC, TREADMILL & RIG TRAINING

THE WOD/ YARD WOD

Your workout of the day. Expect 'EMOMs' and 'AMRAPs' as standard and be prepared to dig deep and push hard. Combining effective high intensity training and strength work in an encouraging and motivating environment.

FORMULA 3

This is the Formula to get you fit, fast.

A competitive, high intensity circuit with 3 targeted blocks, for a full spectrum workout. First, cardio on Concept2 rowing machines; Second, strength with kettlebells and dumbbells; Finally, athletic power and speed with bodyweight exercises. Get fit in 3... 2... 1.

KETTLEBELLS / YARD KETTLEBELLS

A powerful full body workout that will improve your core strength and give you greater muscular endurance. A range of Kettlebell exercises hit every major muscle, to build power and shred that body fat.

RUN CLUB

Discover the 'power of the pack' and elevate your running ability to its highest level. With all that London's outside environment has to offer, the unique blend of speed and VO2 intervals will provide you with the platform for a new personal best.

STRENGTH & CONDITIONING

LIFT

Build a strong body using heavier weights focusing on form and control. You will be coached through an extended mobility and activation section before starting 3 main blocks of work using heavy kettlebells and dumbbells for 8 to 12 reps per exercise. Improve your technique and leave the class feeling stronger than ever.

FORCE

A music driven barbell and dumbbell class designed to fatigue the whole body through higher repetitions. A great class for those new to weights or experienced lifters who want to feel the burn in a high energy but supported environment.

EXTREME

Train like an athlete in this fast-paced class focusing on speed and agility. A mixture of plyometric, multi-dimensional, sport based exercises using light dumbbells will develop your stability, muscular endurance and overall fitness.

METABURN

A pyramid style, full body metabolic conditioning workout. Dumbbells are used to create a stronger, leaner body focusing on improving your lifting technique whilst high intensity exercises are interspersed to elevate the heart rate. The intensity builds throughout this workout as each set increases with time.

GΑ

Legs Glutes and Abs. Working some of the largest muscles in the body to create a high calorie burn. Expect a combination of strength and high intensity explosive exercises, aimed at increasing strength and flexibility to torch fat and sculpt the lower body.

CORE 30/45

A strong and functional core is fundamental for all training. This class uses full body movements in multiple planes to fully engage your core. Building strength, stability and

balance as well as shaping your abdominals.

STUDIO CYCLING

JUST RIDE

This class is designed to improve your cardiovascular fitness with a focus on endurance. Stripping cycling back to its foundations with no additional choreography, no data and no leader boards. All done working to the beat of the music, giving you opportunity to switch off and just ride

HARDCORE CYCLE

The ultimate high intensity interval cycle class. Improve both your anaerobic and aerobic fitness in a time efficient manner and feel the power of the music to help you push your physical and mental limits.

POWERIDE

Poweride is a results orientated, competitive class that uses live visual data to improve your power output. Be guided by the unique colour coaching system to optimize your output. Keep one eye on the leader board to chase down your personal best and to beat the rest of the room.

WATTBIKE

Our Wattbike class replicates a real ride feel and delivers an unrivalled experience. With targeted effective programming and the ability to analyse your technique, it's no wonder it is the choice of champions and endorsed by British cycling. Whether you are a seasoned athlete or complete beginner, maximise your performance and redefine your training.

MIND & BODY

VINYASA YOGA / HOT VINYASA YOGA

A flowing style of yoga that moves fluidly from one pose

to the next using breath. Each teacher has their own style so expect something a little different each time. Vinyasa often moves at a faster pace than some other types of yoga, be ready to work hard and build up a sweat. Leave feeling energised physically, mentally and spiritually from this moving meditation. Regular practice will strengthen and tone muscles and increase flexibility and mobility.

HATHA YOGA / HOT HATHA YOGA

Hatha yoga is slower in pace than vinyasa, with more time spent in each posture. Often these classes will include pranayama or breathing exercises. If you are new to yoga, this is a good place to start as the slower pace allows for more alignment focus and an opportunity to get familiar with the practice.

YIN YOGA/ HOT YIN YOGA

Yin Yoga is slow and meditative. Poses are held for 4-6 minutes for deep stretching of the body's connective tissues and joints.

ROCKET YOGA/ HOT ROCKET YOGA

Based on Ashtanga, Rocket yoga is said to 'get you there faster'. A fast paced, playful class expect to explore arm balances and inversions and tackle some of the more challenging postures. This class isn't suitable for beginners or the faint hearted!

CLASSICAL PILATES / HOT CLASSICAL PILATES

Pilates is a blend of flexibility and strength training which improves posture and form and supports you with training, toning, recovering and in everyday life.

Classical Pilates is based on the original classical mat series 34 exercises as designed by Josef Pilates.

REHAB PILATES / HOT REHAB PILATES

Pilates is a blend of flexibility

and strength training which improves posture and form and supports you with training, toning, recovering and in everyday life.

Rehab Pilates is a slower paced Pilates class where the exercises are taught in more detail with a heavy focus on alignment and the improvement of poor posture.

DYNAMIC PILATES / HOT DYNAMIC PILATES

Pilates is a blend of flexibility and strength training which improves posture and form and supports you with training, toning, recovering and in everyday life.

Dynamic Pilates takes the classical principles and applies them to functional movements to help support correct alignment both in sport and life.

PULSE

"Not just another barre class..."
Set to the beat of the music, this full body workout uses ballet and pilates inspired isometric strength training techniques to build and strengthen long, lean muscles.

EXHALE

A 45 minute mindfulness class to help reset and rebalance through breath-work, movement and meditation.

Learn to slow down the mind with different breathing techniques, slow flow yoga and varying styles of meditation.

THE METHOD

Designed to sculpt and tone the body working the arms, legs, glutes and core through the use of resistance loop bands. Exercises are performed in 3 different tempo variations enabling full muscle fibre recruitment to help strengthen the muscle and improve range of movement. The class ends with an ab blast finisher followed by a deep relaxing stretch.

COMBAT CLASSES

BOXING

Focus on learning proper boxing techniques and drills while working on the punch bag. Improve fitness, power, and endurance while developing boxing skills. Members are kindly requested to bring their own boxing gloves and wraps (these can be purchased at Concierge).

BOXING FDM (Fundamentals)

Learn boxing fundamentals. Beginners will be taught the correct stance, the precise technique for punches and effective boxing movements. Advanced boxers will improve their form and progress their technique. Members are kindly requested to bring their own boxing gloves and wraps (these can be purchased at Concierge).

KICKBOXING

Working with the punch bag, learn and perfect the art of punching and kicking to improve your overall fitness, strength and power. Members are kindly requested to bring their own boxing gloves and wraps (these can be purchased at Concierge).

SWIM CLASSES

SKILLS & DRILLS

Improve your Front Crawl form and technique with progressive skills and drills for a faster, more effective and efficient swim style.

Islington Class Schedule

15 Metaburn	onday			Tuesd	ay			Wednes	sday			Thursd	lay			Frida	y			Saturda	ay	
	Joe	HIIT	6:15	15 The WOD	Joe	HIIT	6:15	Metaburn	Amy L	HIIT	6:15	Formula 3	Seb	HIIT	6:15	Kettlebells	Adrien	HIIT	8:10	Lift	Lydia A	HI
30 Hot Vinyasa Yoga	Ashley	Hot	6:30	30 Hot Vinyasa Yoga	Miranda	Hot	6:30	Hot Hatha Yoga	Teresa	Hot	6:30	Hot Yin Yoga	Miranda	Hot	6:30	Hot Hatha Yoga	Teresa	Hot	8:30	Hot Vinyasa Yoga	Teresa	Но
Poweride	Vicky	Cycle	6:4:	15 Just Ride	Lisa	Cycle	6:45	Hardcore Cycle	Channah	Cycle	6:45	Hardcore Cycle	Vicky T	Cycle	6:45	Poweride	Lisa	Cycle	8:45	Poweride	Eve	Су
LGA	Jermimah	LS	7:00	oo Metaburn	Matteo	LS	7:00	Pulse	Rachel L	M&B	7:00	Classical Pilates	Terry	M&B	7:00	Pulse	Rachel L	M&B	9/10am	Metaburn (OC)	Charmaine	Ot
Pulse	Lewis	M&B	7:00	oo The Method	Rachel	M&B	7:00	Lift	Nat V	LS	7:00	Extreme	Nat L	LS	7:00	LGA	Seb	LS	9:10	Hatha Yoga	Gillian	Ma
Kettlebells	Joe	HIIT	7:15	15 Extreme	Joe	HIIT	7:15	The WOD	Adam	HIIT	7:15	Metaburn	Adam	нпт	775	Extreme	Adrien	HIIT	9:10	Extreme	Adrien	Н
	Ashlev	Hot		30 Hot Dynamic Pilates	Miranda	Hot			Teresa	Hot		Hot Vinyasa Yoga	Miranda	Hot		Hot Vinyasa Yoga	Teresa	Hot		Hot Hatha Yoga	Teresa	F
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Hardcore Cycle	Vicky	Cycle	7:45		Lisa	Cycle	7:45	Poweride	Channah	Cycle	7:45	Poweride	Vicky T	Cycle		Just Ride	Lisa	Cycle	9:45	Just Ride	Eve	
n Extreme (OC)	Charmaine	Outdoor	7/8a	am WOD (OC)	Jemimah	Outdoor	7/8am	Metaburn	Liam	Outdoor	7/8am	WOD	Alex	Outdoor	7/8am	Extreme (OD)	Jemimah	Outdoor	10:10	Sweat X	Adam	
The Method	Lewis	M&B	8:00	oo Pulse	Rachel	M&B	8:00	Method	Rachel L	M&B	8:00	Dynamic Pilates	Terry	M&B	8:00	The Method	Rachel L	M&B	10:10	The Method	Gillian	
Formula 3	Joe	HIIT	8:15	15 Kettlebells	Joe	HIIT	8:15	Lift	Adam	HIIT	8:15	The WOD	Adam	HIIT	8:15	Metaburn	Adrien	HIIT	10:10	Kettlebells	Adrien	
o Hot Hatha Yoga	Teresa	Hot	8:30	30 Hot Vinyasa Yoga	Miranda	Hot	8:30	Hot Hatha Yoga	Teresa	Hot	8:30	Hot Hatha Yoga	Miranda	Hot	8:30	Hot Hatha Yoga	Teresa	Hot	10:30	Hot Vinyasa Yoga	Teresa	
5 Speed Fiends	Seb	Treads	8:45	5 Sweat X	Matteo	Treads	8:45	Speed Fiends	Chris	Treads	8:45	Sweat X	Nat L	Treads	8:45	Speed Fiends	Seb	Treads	10:45	Poweride	Eve	
5 Hardcore Cycle	Vicky	Cycle	8:45	5 Just Ride	Heather	Cycle	8:45	Just Ride	Channah	Cycle	8:45	Poweride	Vicky T	Cycle	8:45	Hardcore Cycle	Lisa	Cycle	11:10	Speed Fiends	Adam	
o Lift	Jemimah	HIIT	9:40		Clare W	Hot	9:40	Hardcore Cycle	Channah	Cycle	9:40	Hot Classical Pilates	Aurora	Hot		Hot Vinyasa Yoga	Teresa	Hot	11:10	Dynamic Pilates	Gillian	
		Hot		-						HIIT	- 1					· · ·		M&B			Adrien	
Hot Vinyasa Yoga	Teresa		9:40		Lisa	Cycle	9:40	Extreme	Adam		9:40	Hardcore Cycle	Vicky T	Cycle	9:40	Pulse	Rachel L		11:10	Metaburn		
o Poweride	Vicky	Cycle	9:40	40 Vinyasa Yoga	Eithne	M&B	9:40	Hot Vinyasa Yoga	Teresa	Hot	9:40	The Method	Clare W	M&B	9:40	Skills & Drills	Arvids	Pool	11:30	Hot Rehab Pilates	Ami	1
o Dynamic Pilates	Jess	M&B	10:40	40 Force	Joe	HIIT	9:40	Skills & Drills	Chris	Pool	10:40	Kettlebells	Adam	HIIT	10:40	Formula 3	Adrien	HIIT	12:10	Vinyasa Yoga	Gillian	
o Vinyasa Yoga	Teresa	M&B	10:40	40 Hatha Yoga	Eithne	M&B	10:40	Hot Dynamic Pilates	Jess	Hot	10:40	Vinyasa Yoga	Clare W	M&B	10:40	Yin Yoga	Eithne	M&B	12:10	Force	Eve	
o Force	Joe	HIIT					9:40	Hatha Yoga	Eithne	M&B									12:30	Hot Vinyasa Yoga	Ami	
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oo Hatha Yoga	Teresa	M&B		oo Classical Pilates	Ami	M&B			Rachel	M&B		The WOD	Adam	HIIT		Vinyasa Yoga	Eithne	M&B		Core 45	Adrien	
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5 Extreme	Adrien	HIIT		15 Lift	Adrien	HIIT		Kettlebells	Adam	HIIT	-	Hot Vinyasa Yoga	Clare W	Hot		Hot Rehab Pilates	Aurora	HOT	14:30	Hot Vinyasa Yoga	Cathy	
30 Hot Vinyasa Yoga	Jess	Hot	12:30	30 Hot Hatha Yoga	Clare W	HOT	12:30	Hot Rehab Pilates	Jess	Hot		Hardcore Cycle	Channah	Cycle		Just Ride	Maria	Cycle	15:15	Formula 3	Adam	
45 Hardcore Cycle	Joe	Cycle	12:4	45 Just Ride	Joe	Cycle	12:45	Poweride	Joe	Cycle	13:00	Yin Yoga	Aurora	M&B	13:00	Yin Yoga	Eithne	M&B	15:30	Hot Hatha Yoga	Cathy	
oo Vinyasa Yoga	Teresa	M&B	13:00	oo The Method	Faye	M&B	13:00	Hatha Yoga	Eithne	M&B	13:15	Formula 3	Adam	HIIT	13:30	Hot Dynamic Pilates	Aurora	Hot	16:15	The WOD	Adam	
15 Lift	Adrien	HIIT	13:15	15 Formula 3	Adrien	HIIT	13:15	The WOD	Adam	HIIT	13:30	Hot Yin Yoga	Clare W	Hot	13:15	Extreme	Adam	HIIT				
30 Hot Yin Yoga	Jess	Hot	13:30	30 Hot Yin Yoga	Clare W	Hot	13:30	Hot Vinyasa Yoga	Jess	Hot	14:15	LGA	Fitz	HIIT	13:45	Just Ride	Maria	Cycle		Sunda	V	
:00 The Method	Fitz	M&B	14:15	15 Force	Fitz	HIIT	13:45	Just Ride	Susie	Cycle	15:15	Core 45	Fitz	HIIT	14:45	Sweat-X	Adam	Rig			-	
:15 Core 45	Fitz	HIIT	1511	15 Core 45	Fitz	HIIT												Ü	8:10	Lift	Nat V	1
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10 LGA	Fitz	HIIT		10 LGA	Fitz	HIIT		Hot Rehab Pilates	Terry	Hot		Force	Fitz	HIIT		Metaburn	Adam	HIIT	9:10	Hot Dynamic Pilates	Vivi	1
no Pulse	Rachel	M&B	16:10	10 Dymanic Pilates	Vivianne	M&B	16:10	Hatha Yoga	Miranda	M&B	16:10	Method	Rachel	M&B	16:10	Pulse	Lewis	M&B	9:45	Poweride	Joe	(
10 Hot Dynamic Pilates	Vivi	Hot	16:10	10 Hot Rehab Pilates	Aurora	Hot	16:10	Kettlebells	Maria	HIIT	16:10	Hot Vinyasa Yoga	Gillian	Hot	16:10	Hot Rehab Pilates	Aurora	Hot	10:10	Vinyasa Yoga	Cathy	1
no Metaburn	Adrien	HIIT	17:10	10 Metaburn	Adrien	HIIT	17:10	Force	Joe	HIIT	17:10	Exhale	Miranda	M&B	17:10	The WOD	David	HIIT	10:10	Metaburn	Nat V	1
30 Hot Classical Pilates	Vivi	Hot	17:3	30 Hot Vinyasa Yoga	Aurora	Hot	17:30	Hot Dynamic Pilates	Terry	Hot	17:10	Lift	Faye	HIIT	17:30	Hot Dynamic Pilates	Aurora	Hot	10:10	Hot Rehab Pilates	Vivi	1
45 Just Ride	Maria	Cycle	17:4	45 Hardcore Cycle	Stuart	Cycle	17:45	Poweride	Susie	Cycle	17:30	Hot Dynamic Pilates	Gillian	Hot	17:45	Sweat X	Adam	Treads	10:45	Hardcore Cycle	Joe	
	Faye	M&B		oo The Method	Faye	M&B		The Method		M&B									11:10	Hatha Yoga	Cathy	
no. The Method	Luye	·······		70 Inc.memou													Vicloy T			riniinii rogu		
	44.5	THE		110					Faye			Just Ride	Channah	Cycle		Hardcore Cycle	Vicky T	Cycle		Postson		
15 Extreme	Adrien	HIIT	18:15	-	Adrien	HIIT	18:15	The WOD	Joe	HIIT	18:00	Hatha Yoga	Cathy	М&В	18:00	F.I.T Jam	Clara	M&B	11:10	Extreme	Nat V	
Extreme Hot Hatha Yoga	Cathy	Hot	18:15 18:30	30 Hot Hatha Yoga	Adrien Ashley	HIIT	18:15 18:30	The WOD Hot Vinyasa Yoga	Joe Miranda	HIIT	18:00 18:15	Hatha Yoga LGA	Cathy Faye	M&B HIIT	18:00 18:15	F.I.T Jam Formula 3	Clara David	M&B HIIT	11:10 11:10	Hot Dynamic Pilates	Vivi	
Extreme Hot Hatha Yoga			18:15 18:30	-	Adrien	HIIT	18:15 18:30	The WOD Hot Vinyasa Yoga	Joe	HIIT	18:00 18:15	Hatha Yoga	Cathy	М&В	18:00 18:15	F.I.T Jam	Clara	M&B	11:10			
The Method Extreme Hot Hatha Yoga Just Ride FLT Jam	Cathy	Hot	18:15 18:30 18:45	30 Hot Hatha Yoga	Adrien Ashley	HIIT	18:15 18:30 18:45	The WOD Hot Vinyasa Yoga	Joe Miranda	HIIT	18:00 18:15 18:30	Hatha Yoga LGA	Cathy Faye	M&B HIIT	18:00 18:15 18:30	F.I.T Jam Formula 3	Clara David	M&B HIIT	11:10 11:10	Hot Dynamic Pilates	Vivi	
Extreme Hot Hatha Yoga Just Ride	Cathy	Hot Cycle	18:15 18:30 18:45	Hot Hatha Yoga Poweride Hatha Yoga	Adrien Ashley Stuart	HIIT Hot Cycle	18:15 18:30 18:45	The WOD Hot Vinyasa Yoga Hardcore Cycle F.I.T Jam	Joe Miranda Susie	HIIT Hot Cycle	18:00 18:15 18:30 18:45	Hatha Yoga LGA Hot Hatha Yoga Poweride	Cathy Faye Miranda	M&B HIIT Hot	18:00 18:15 18:30 18:45	F.I.T Jam Formula 3 Hot Vinyasa Yoga	Clara David Reanne	M&B HIIT Hot	11:10 11:10 12:10	Hot Dynamic Pilates Speed Fiends	Vivi Airida	
Extreme Go Hot Hatha Yoga Just Ride F.I.T Jam	Cathy Maria Faye	Hot Cycle M&B	18:15 18:30 18:45	Hot Hatha Yoga Poweride Hatha Yoga Extreme	Adrien Ashley Stuart Aurora	HIIT Hot Cycle M&B	18:15 18:30 18:45 19:00 19:15	The WOD Hot Vinyasa Yoga Hardcore Cycle F.I.T Jam	Joe Miranda Susie Faye	HIIT Hot Cycle M&B	18:00 18:15 18:30 18:45 19:15	Hatha Yoga LGA Hot Hatha Yoga Poweride	Cathy Faye Miranda Channah	M&B HIIT Hot Cycle	18:00 18:15 18:30 18:45 19:00	F.I.T Jam Formula 3 Hot Vinyasa Yoga Poweride	Clara David Reanne Vicky T	M&B HIIT Hot Cycle	11:10 11:10 12:10 12:10	Hot Dynamic Pilates Speed Fiends Pulse	Vivi Airida Deborah	
15 Extreme 30 Hot Hatha Yoga 45 Just Ride 60 F.I.T Jam 15 The WOD 15 Force	Cathy Maria Faye Maiken	Hot Cycle M&B LS	18:15 18:30 18:45 19:00 19:15	Hot Hatha Yoga Poweride Hatha Yoga Extreme	Adrien Ashley Stuart Aurora Amy L	HIIT Hot Cycle M&B LS	18:15 18:30 18:45 19:00 19:15	The WOD Hot Vinyasa Yoga Hardcore Cycle E.I.T.Jam Metaburn Extreme	Joe Miranda Susie Faye Maiken	HIIT Hot Cycle M&B LS	18:00 18:15 18:30 18:45 19:15	Hatha Yoga LGA Hot Hatha Yoga Poweride WOD	Cathy Faye Miranda Channah Emma K	M&B HIIT Hot Cycle LS	18:00 18:15 18:30 18:45 19:00	E.I.T Jam Formula 3 Hot Vinyasa Yoga Poweride Classical Pilates	Clara David Reanne Vicky T Clara	M&B HIIT Hot Cycle M&B	11:10 11:10 12:10 12:10 12:10	Hot Dynamic Pilates Speed Fiends Pulse The WOD	Vivi Airida Deborah Joe	
15 Extreme 30 Hot Hatha Yoga 45 Just Ride 46 E.I.T Jam 415 The WOD 415 Force 416 Speed Fiends	Cathy Maria Faye Maiken Fitz Adrien	Hot Cycle M&B LS HIIT Treads	18:15:18:30:18:45:19:10:19:15:10:10:10:10:10:10:10:10:10:10:10:10:10:	Hot Hatha Yoga Poweride Hatha Yoga Extreme The WOD Hot Vinyasa Yoga	Adrien Ashley Stuart Aurora Amy L Adrien Ashley	HIIT Hot Cycle M&B LS HIIT Hot	18:15 18:30 18:45 19:00 19:15 19:15	The WOD Hot Vinyasa Yoga Hardcore Cycle E.I.T Jam Metaburn Extreme Hot Hatha Yoga	Joe Miranda Susie Faye Maiken Joe Miranda	HIIT Hot Cycle M&B LS HIIT Hot	18:00 18:15 18:30 18:45 19:15 19:00	Hatha Yoga LGA Hot Hatha Yoga Poweride WOD Vinyasa Yoga Hot Vinyasa Yoga	Cathy Faye Miranda Channah Emma K Gillian Miranda	M&B HIIT Hot Cycle LS M&B Hot	18:00 18:15 18:30 18:45 19:00 19:15	F.I.T Jam Formula 3 Hot Vinyasa Yoga Poweride Classical Pilates Extreme Kettlebells	Clara David Reanne Vicky T Clara Adam David	M&B HIIT Hot Cycle M&B LS HIIT	11:10 11:10 12:10 12:10 12:10 12:10	Hot Dynamic Pilates Speed Fiends Pulse The WOD Hot Vinyasa Yoga Classical Pilates	Vivi Airida Deborah Joe Aurora Deborah	
15 Extreme 16 Hot Hatha Yoga 17 Just Ride 18 FLT Jam 19 The WOD 19 Force 19 Speed Fiends 20 Hot Vinyasa Yoga	Cathy Maria Faye Maiken Fitz Adrien Cathy	Hot Cycle M&B LS HIIT Treads	18:30 18:40 19:00 19:15 19:15 19:30	30 Hot Hatha Yoga 45 Poweride 60 Hatha Yoga 15 Extreme 15 The WOD 30 Hot Vinyasa Yoga 45 Hardcore Cycle	Adrien Ashley Stuart Aurora Amy L Adrien Ashley Stuart	HIIT Hot Cycle M&B LS HIIT Hot Cycle	18:15 18:30 18:45 19:00 19:15 19:15 19:30 20:00	The WOD Hot Vinyasa Yoga Hardcore Cycle E.I.T Jam Metaburn Extreme Hot Hatha Yoga Exhale	Joe Miranda Susie Faye Maiken Joe Miranda Cathy	HIIT Hot Cycle M&B LS HIIT Hot M&B	18:00 18:15 18:30 18:45 19:15 19:00 19:30	Hatha Yoga LGA Hot Hatha Yoga Poweride WOD Vinyasa Yoga Hot Vinyasa Yoga Force	Cathy Faye Miranda Channah Emma K Gillian Miranda Fitz	M&B HIIT Hot Cycle LS M&B Hot HIIT	18:00 18:15 18:30 18:45 19:00 19:15 19:15	F.I.T Jam Formula 3 Hot Vinyasa Yoga Poweride Classical Pilates Extreme Kettlebells Hot Hatha Yoga	Clara David Reanne Vicky T Clara Adam David Reanne	M&B HIIT Hot Cycle M&B LS HIIT Hot	11:10 11:10 12:10 12:10 12:10 12:10 13:10	Hot Dynamic Pilates Speed Fiends Pulse The WOD Hot Vinyasa Yoga Classical Pilates Force	Vivi Airida Deborah Joe Aurora Deborah Joe	
Extreme Hot Hatha Yoga Just Ride FLT Jam The WOD Force Speed Fiends Hot Vinyasa Yoga Just Ride	Cathy Maria Faye Maiken Fitz Adrien Cathy	Hot Cycle M&B LS HIIT Treads Hot Cycle	18:14: 18:34: 19:00: 19:15: 19:15: 19:30: 19:42:	30 Hot Hatha Yoga 45 Poweride 46 Hatha Yoga 15 Extreme 16 The WOD 30 Hot Vinyasa Yoga 46 Hardcore Cycle 47 Yoga	Adrien Ashley Stuart Aurora Amy L Adrien Ashley Stuart Aurora	HIIT Hot Cycle M&B LS HIIT Hot Cycle	18:15 18:30 18:45 19:00 19:15 19:15 19:30 20:00 20:15	The WOD Hot Vinyasa Yoga Hardcore Cycle E.I.T Jam Metaburn Extreme Hot Hatha Yoga Exhale Formula 3	Joe Miranda Susie Faye Maiken Joe Miranda Cathy	HIIT Hot Cycle M&B LS HIIT Hot M&B	18:00 18:15 18:30 18:45 19:15 19:00 19:30 19:15 20:15	Hatha Yoga LGA Hot Hatha Yoga Poweride WOD Vinyasa Yoga Hot Vinyasa Yoga Force Core 45	Cathy Faye Miranda Channah Emma K Gillian Miranda Fitz Fitz	M&B HIIT Hot Cycle LS M&B Hot HIIT	18:00 18:15 18:30 18:45 19:00 19:15 19:15	F.I.T Jam Formula 3 Hot Vinyasa Yoga Poweride Classical Pilates Extreme Kettlebells	Clara David Reanne Vicky T Clara Adam David	M&B HIIT Hot Cycle M&B LS HIIT	11710 11710 12710 12710 12710 12710 13710 13710	Hot Dynamic Pilates Speed Fiends Pulse The WOD Hot Vinyasa Yoga Classical Pilates Force Hot Yin Yoga	Vivi Airida Deborah Joe Aurora Deborah Joe Aurora	
Hot Hatha Yoga Just Ride LLT Jam LET Jam So Force So Speed Fiends Hot Vinyasa Yoga Just Ride Core 45	Cathy Maria Faye Maiken Fitz Adrien Cathy Maria Fitz	Hot Cycle M&B LS HIIT Treads Hot Cycle HIIT	18:15 18:30 18:45 19:15 19:15 19:15 19:30 20:00 20:15	Hot Hatha Yoga Poweride Hatha Yoga Extreme The WOD Hot Vinyasa Yoga Hardcore Cycle Vin Yoga Lift	Adrien Ashley Stuart Aurora Amy L Adrien Ashley Stuart Aurora Amy L	HIIT Hot Cycle M&B LS HIIT Hot Cycle M&B	18:15 18:30 18:45 19:00 19:15 19:15 19:30 20:00 20:15 20:30	The WOD Hot Vinyasa Yoga Hardcore Cycle E.I.T Jam Metaburn Extreme Hot Hatha Yoga Exhale Formula 3 Hot Yin Yoga	Joe Miranda Susie Faye Maiken Joe Miranda Cathy Joe	HIIT Hot Cycle M&B LS HIIT Hot M&B HIIT	18:00 18:15 18:30 18:45 19:15 19:00 19:30 19:15 20:15	Hatha Yoga LGA Hot Hatha Yoga Poweride WOD Vinyasa Yoga Hot Vinyasa Yoga Force Core 45 Sweat X	Cathy Faye Miranda Channah Emma K Gillian Miranda Fitz Fitz Emma K	M&B HIIT Hot Cycle LS M&B Hot HIIT HIIT Rig	18:00 18:15 18:30 18:45 19:00 19:15 19:15	F.I.T Jam Formula 3 Hot Vinyasa Yoga Poweride Classical Pilates Extreme Kettlebells Hot Hatha Yoga	Clara David Reanne Vicky T Clara Adam David Reanne	M&B HIIT Hot Cycle M&B LS HIIT Hot	11:10 11:10 12:10 12:10 12:10 12:10 13:10 13:10	Hot Dynamic Pilates Speed Fiends Pulse The WOD Hot Vinyasa Yoga Classical Pilates Force Hot Yin Yoga Sweat X	Vivi Airida Deborah Joe Aurora Deborah Joe Aurora Airida	
Hot Hatha Yoga Just Ride LLT Jam LET Jam So Force So Speed Fiends Hot Vinyasa Yoga Just Ride Core 45	Cathy Maria Faye Maiken Fitz Adrien Cathy	Hot Cycle M&B LS HIIT Treads Hot Cycle	18:15 18:30 18:45 19:15 19:15 19:15 19:30 20:00 20:15	30 Hot Hatha Yoga 45 Poweride 46 Hatha Yoga 15 Extreme 16 The WOD 30 Hot Vinyasa Yoga 46 Hardcore Cycle 47 Yoga	Adrien Ashley Stuart Aurora Amy L Adrien Ashley Stuart Aurora	HIIT Hot Cycle M&B LS HIIT Hot Cycle	18:15 18:30 18:45 19:00 19:15 19:15 19:30 20:00 20:15 20:30	The WOD Hot Vinyasa Yoga Hardcore Cycle E.I.T Jam Metaburn Extreme Hot Hatha Yoga Exhale Formula 3	Joe Miranda Susie Faye Maiken Joe Miranda Cathy	HIIT Hot Cycle M&B LS HIIT Hot M&B	18:00 18:15 18:30 18:45 19:15 19:00 19:30 19:15 20:15	Hatha Yoga LGA Hot Hatha Yoga Poweride WOD Vinyasa Yoga Hot Vinyasa Yoga Force Core 45	Cathy Faye Miranda Channah Emma K Gillian Miranda Fitz Fitz	M&B HIIT Hot Cycle LS M&B Hot HIIT	18:00 18:15 18:30 18:45 19:00 19:15 19:15	F.I.T Jam Formula 3 Hot Vinyasa Yoga Poweride Classical Pilates Extreme Kettlebells Hot Hatha Yoga	Clara David Reanne Vicky T Clara Adam David Reanne	M&B HIIT Hot Cycle M&B LS HIIT Hot	11710 11710 12710 12710 12710 12710 13710 13710	Hot Dynamic Pilates Speed Fiends Pulse The WOD Hot Vinyasa Yoga Classical Pilates Force Hot Yin Yoga	Vivi Airida Deborah Joe Aurora Deborah Joe Aurora	
Hot Hatha Yoga Hot Hatha Yoga Just Ride Just Ride Hot WOD The WOD Speed Fiends Hot Vinyasa Yoga Just Ride Core 45 Core 45 Core 45 Core 45	Cathy Maria Faye Maiken Fitz Adrien Cathy Maria Fitz	Hot Cycle M&B LS HIIT Treads Hot Cycle HIIT	18:15 18:30 18:45 19:15 19:15 19:15 19:30 20:00 20:15	Hot Hatha Yoga Poweride Hatha Yoga Extreme The WOD Hot Vinyasa Yoga Hardcore Cycle Vin Yoga Lift	Adrien Ashley Stuart Aurora Amy L Adrien Ashley Stuart Aurora Amy L	HIIT Hot Cycle M&B LS HIIT Hot Cycle M&B	18:15 18:30 18:45 19:00 19:15 19:15 19:30 20:00 20:15 20:30	The WOD Hot Vinyasa Yoga Hardcore Cycle E.I.T Jam Metaburn Extreme Hot Hatha Yoga Exhale Formula 3 Hot Yin Yoga	Joe Miranda Susie Faye Maiken Joe Miranda Cathy Joe	HIIT Hot Cycle M&B LS HIIT Hot M&B HIIT	18:00 18:15 18:30 18:45 19:15 19:00 19:30 19:15 20:15	Hatha Yoga LGA Hot Hatha Yoga Poweride WOD Vinyasa Yoga Hot Vinyasa Yoga Force Core 45 Sweat X	Cathy Faye Miranda Channah Emma K Gillian Miranda Fitz Fitz Emma K	M&B HIIT Hot Cycle LS M&B Hot HIIT HIIT Rig	18:00 18:15 18:30 18:45 19:00 19:15 19:15	F.I.T Jam Formula 3 Hot Vinyasa Yoga Poweride Classical Pilates Extreme Kettlebells Hot Hatha Yoga	Clara David Reanne Vicky T Clara Adam David Reanne	M&B HIIT Hot Cycle M&B LS HIIT Hot	11:10 11:10 12:10 12:10 12:10 12:10 13:10 13:10	Hot Dynamic Pilates Speed Fiends Pulse The WOD Hot Vinyasa Yoga Classical Pilates Force Hot Yin Yoga Sweat X	Vivi Airida Deborah Joe Aurora Deborah Joe Aurora Airida	
15 Extreme 30 Hot Hatha Yoga 45 Just Ride 46 ELT Jam 15 The WOD 15 Force 5 Speed Fiends 90 Hot Vinyasa Yoga 46 Just Ride 15 Core 45 60 Exhale	Cathy Maria Faye Maiken Fitz Adrien Cathy Maria Fitz Cathy	Hot Cycle M&B LS HIIT Treads Hot Cycle HIIT M&B	18:15 18:30 18:45 19:15 19:15 19:15 19:30 20:00 20:15	Hot Hatha Yoga Poweride Hatha Yoga Extreme The WOD Hot Vinyasa Yoga Hardcore Cycle Vin Yoga Lift	Adrien Ashley Stuart Aurora Amy L Adrien Ashley Stuart Aurora Amy L	HIIT Hot Cycle M&B LS HIIT Hot Cycle M&B	18:15 18:30 18:45 19:00 19:15 19:15 19:30 20:00 20:15 20:30	The WOD Hot Vinyasa Yoga Hardcore Cycle E.I.T Jam Metaburn Extreme Hot Hatha Yoga Exhale Formula 3 Hot Yin Yoga	Joe Miranda Susie Faye Maiken Joe Miranda Cathy Joe	HIIT Hot Cycle M&B LS HIIT Hot M&B HIIT	18:00 18:15 18:30 18:45 19:15 19:00 19:30 19:15 20:15	Hatha Yoga LGA Hot Hatha Yoga Poweride WOD Vinyasa Yoga Hot Vinyasa Yoga Force Core 45 Sweat X	Cathy Faye Miranda Channah Emma K Gillian Miranda Fitz Fitz Emma K	M&B HIIT Hot Cycle LS M&B Hot HIIT HIIT Rig	18:00 18:15 18:30 18:45 19:00 19:15 19:15	F.I.T Jam Formula 3 Hot Vinyasa Yoga Poweride Classical Pilates Extreme Kettlebells Hot Hatha Yoga	Clara David Reanne Vicky T Clara Adam David Reanne	M&B HIIT Hot Cycle M&B LS HIIT Hot	11:10 11:10 12:10 12:10 12:10 12:10 13:10 13:10 13:10	Hot Dynamic Pilates Speed Fiends Pulse The WOD Hot Vinyasa Yoga Classical Pilates Force Hot Yin Yoga Sweat X Sweat X	Vivi Airida Deborah Joe Aurora Deborah Joe Aurora Airida	
Extreme Hot Hatha Yoga Hot Hatha Yoga Hot Hatha Yoga F.I.T Jam The WOD	Cathy Maria Faye Maiken Fitz Adrien Cathy Maria Fitz Cathy	Hot Cycle M&B LS HIIT Treads Hot Cycle HIIT M&B	18:15 18:30 18:45 19:15 19:15 19:15 19:30 20:00 20:15	Hot Hatha Yoga Poweride Hatha Yoga Extreme The WOD Hot Vinyasa Yoga Hardcore Cycle Vin Yoga Lift	Adrien Ashley Stuart Aurora Amy L Adrien Ashley Stuart Aurora Amy L	HIIT Hot Cycle M&B LS HIIT Hot Cycle M&B	18:15 18:30 18:45 19:00 19:15 19:15 19:30 20:00 20:15 20:30	The WOD Hot Vinyasa Yoga Hardcore Cycle E.I.T Jam Metaburn Extreme Hot Hatha Yoga Exhale Formula 3 Hot Yin Yoga	Joe Miranda Susie Faye Maiken Joe Miranda Cathy Joe	HIIT Hot Cycle M&B LS HIIT Hot M&B HIIT	18:00 18:15 18:30 18:45 19:15 19:00 19:30 19:15 20:15	Hatha Yoga LGA Hot Hatha Yoga Poweride WOD Vinyasa Yoga Hot Vinyasa Yoga Force Core 45 Sweat X	Cathy Faye Miranda Channah Emma K Gillian Miranda Fitz Fitz Emma K	M&B HIIT Hot Cycle LS M&B Hot HIIT HIIT Rig	18:00 18:15 18:30 18:45 19:00 19:15 19:15	F.I.T Jam Formula 3 Hot Vinyasa Yoga Poweride Classical Pilates Extreme Kettlebells Hot Hatha Yoga	Clara David Reanne Vicky T Clara Adam David Reanne	M&B HIIT Hot Cycle M&B LS HIIT Hot	11:10 11:10 12:10 12:10 12:10 13:10 13:10 13:10 13:10	Hot Dynamic Pilates Speed Fiends Pulse The WOD Hot Vinyasa Yoga Classical Pilates Force Hot Yin Yoga Sweat X Sweat-X Hardcore Cycle	Vivi Airida Deborah Joe Aurora Deborah Joe Aurora Airida Airida	
15 Extreme 30 Hot Hatha Yoga 45 Just Ride 46 ELT Jam 15 The WOD 15 Force 5 Speed Fiends 90 Hot Vinyasa Yoga 46 Just Ride 15 Core 45 60 Exhale	Cathy Maria Faye Maiken Fitz Adrien Cathy Maria Fitz Cathy	Hot Cycle M&B LS HIIT Treads Hot Cycle HIIT M&B	18:15 18:30 18:45 19:15 19:15 19:15 19:30 20:00 20:15	Hot Hatha Yoga Poweride Hatha Yoga Extreme The WOD Hot Vinyasa Yoga Hardcore Cycle Vin Yoga Lift	Adrien Ashley Stuart Aurora Amy L Adrien Ashley Stuart Aurora Amy L	HIIT Hot Cycle M&B LS HIIT Hot Cycle M&B	18:15 18:30 18:45 19:00 19:15 19:15 19:30 20:00 20:15 20:30	The WOD Hot Vinyasa Yoga Hardcore Cycle E.I.T Jam Metaburn Extreme Hot Hatha Yoga Exhale Formula 3 Hot Yin Yoga	Joe Miranda Susie Faye Maiken Joe Miranda Cathy Joe	HIIT Hot Cycle M&B LS HIIT Hot M&B HIIT	18:00 18:15 18:30 18:45 19:15 19:00 19:30 19:15 20:15	Hatha Yoga LGA Hot Hatha Yoga Poweride WOD Vinyasa Yoga Hot Vinyasa Yoga Force Core 45 Sweat X	Cathy Faye Miranda Channah Emma K Gillian Miranda Fitz Fitz Emma K	M&B HIIT Hot Cycle LS M&B Hot HIIT HIIT Rig	18:00 18:15 18:30 18:45 19:00 19:15 19:15	F.I.T Jam Formula 3 Hot Vinyasa Yoga Poweride Classical Pilates Extreme Kettlebells Hot Hatha Yoga	Clara David Reanne Vicky T Clara Adam David Reanne	M&B HIIT Hot Cycle M&B LS HIIT Hot	11:10 11:10 12:10 12:10 12:10 12:10 13:10 13:10 13:10 14:10 14:10	Hot Dynamic Pilates Speed Fiends Pulse The WOD Hot Vinyasa Yoga Classical Pilates Force Hot Yin Yoga Sweat X Sweat-X Hardcore Cycle Hot Vinyasa Yoga	Vivi Airida Deborah Joe Aurora Deborah Joe Aurora Airida Airida Joe Aurora	
Hot Hatha Yoga Hot Hatha Yoga Just Ride Just Ride Hot WOD The WOD Speed Fiends Hot Vinyasa Yoga Just Ride Core 45 Core 45 Core 45 Core 45	Cathy Maria Faye Maiken Fitz Adrien Cathy Maria Fitz Cathy	Hot Cycle M&B LS HIIT Treads Hot Cycle HIIT M&B	18:15 18:30 18:45 19:15 19:15 19:15 19:30 20:00 20:15	Hot Hatha Yoga Poweride Hatha Yoga Extreme The WOD Hot Vinyasa Yoga Hardcore Cycle Vin Yoga Lift	Adrien Ashley Stuart Aurora Amy L Adrien Ashley Stuart Aurora Amy L	HIIT Hot Cycle M&B LS HIIT Hot Cycle M&B	18:15 18:30 18:45 19:00 19:15 19:15 19:30 20:00 20:15 20:30	The WOD Hot Vinyasa Yoga Hardcore Cycle E.I.T Jam Metaburn Extreme Hot Hatha Yoga Exhale Formula 3 Hot Yin Yoga	Joe Miranda Susie Faye Maiken Joe Miranda Cathy Joe	HIIT Hot Cycle M&B LS HIIT Hot M&B HIIT	18:00 18:15 18:30 18:45 19:15 19:00 19:30 19:15 20:15	Hatha Yoga LGA Hot Hatha Yoga Poweride WOD Vinyasa Yoga Hot Vinyasa Yoga Force Core 45 Sweat X	Cathy Faye Miranda Channah Emma K Gillian Miranda Fitz Fitz Emma K	M&B HIIT Hot Cycle LS M&B Hot HIIT HIIT Rig	18:00 18:15 18:30 18:45 19:00 19:15 19:15	F.I.T Jam Formula 3 Hot Vinyasa Yoga Poweride Classical Pilates Extreme Kettlebells Hot Hatha Yoga	Clara David Reanne Vicky T Clara Adam David Reanne	M&B HIIT Hot Cycle M&B LS HIIT Hot	11:10 11:10 12:10 12:10 12:10 13:10 13:10 13:10 14:10 14:10 14:10	Hot Dynamic Pilates Speed Fiends Pulse The WOD Hot Vinyasa Yoga Classical Pilates Force Hot Yin Yoga Sweat X Sweat X Hardcore Cycle Hot Vinyasa Yoga Extreme LGA	Vivi Airida Deborah Joe Aurora Deborah Joe Aurora Airida Airida Joe Aurora Nat L Nat L	
Hot Hatha Yoga Hot Hatha Yoga Just Ride Hot Hot Hatha Yoga Just Ride Hot WOD Fore Speed Fiends Hot Vinyasa Yoga Just Ride Gore 45 Core 45 Exhale	Cathy Maria Faye Maiken Fitz Adrien Cathy Maria Fitz Cathy	Hot Cycle M&B LS HIIT Treads Hot Cycle HIIT M&B	18:15 18:30 18:45 19:15 19:15 19:15 19:30 20:00 20:15	Hot Hatha Yoga Poweride Hatha Yoga Extreme The WOD Hot Vinyasa Yoga Hardcore Cycle Vin Yoga Lift	Adrien Ashley Stuart Aurora Amy L Adrien Ashley Stuart Aurora Amy L	HIIT Hot Cycle M&B LS HIIT Hot Cycle M&B	18:15 18:30 18:45 19:00 19:15 19:15 19:30 20:00 20:15 20:30	The WOD Hot Vinyasa Yoga Hardcore Cycle E.I.T Jam Metaburn Extreme Hot Hatha Yoga Exhale Formula 3 Hot Yin Yoga	Joe Miranda Susie Faye Maiken Joe Miranda Cathy Joe	HIIT Hot Cycle M&B LS HIIT Hot M&B HIIT	18:00 18:15 18:30 18:45 19:15 19:00 19:30 19:15 20:15	Hatha Yoga LGA Hot Hatha Yoga Poweride WOD Vinyasa Yoga Hot Vinyasa Yoga Force Core 45 Sweat X	Cathy Faye Miranda Channah Emma K Gillian Miranda Fitz Fitz Emma K	M&B HIIT Hot Cycle LS M&B Hot HIIT HIIT Rig	18:00 18:15 18:30 18:45 19:00 19:15 19:15	F.I.T Jam Formula 3 Hot Vinyasa Yoga Poweride Classical Pilates Extreme Kettlebells Hot Hatha Yoga	Clara David Reanne Vicky T Clara Adam David Reanne	M&B HIIT Hot Cycle M&B LS HIIT Hot	11:10 12:10 12:10 12:10 12:10 13:10 13:10 13:10 14:10 14:10 14:10 14:10 15:10	Hot Dynamic Pilates Speed Fiends Pulse The WOD Hot Vinyasa Yoga Classical Pilates Force Hot Yin Yoga Sweat X Sweat X Hardcore Cycle Hot Vinyasa Yoga Extreme LGA Hot Classical Pilates	Vivi Airida Deborah Joe Aurora Deborah Joe Aurora Airida Airida Joe Aurora Nat L Miranda	
Hot Hatha Yoga Hot Hatha Yoga Just Ride Just Ride Hot WOD The WOD Speed Fiends Hot Vinyasa Yoga Just Ride Core 45 Core 45 Core 45 Core 45	Cathy Maria Faye Maiken Fitz Adrien Cathy Maria Fitz Cathy	Hot Cycle M&B LS HIIT Treads Hot Cycle HIIT M&B	18:15 18:30 18:45 19:15 19:15 19:15 19:30 20:00 20:15	Hot Hatha Yoga Poweride Hatha Yoga Extreme The WOD Hot Vinyasa Yoga Hardcore Cycle Vin Yoga Lift	Adrien Ashley Stuart Aurora Amy L Adrien Ashley Stuart Aurora Amy L	HIIT Hot Cycle M&B LS HIIT Hot Cycle M&B	18:15 18:30 18:45 19:00 19:15 19:15 19:30 20:00 20:15 20:30	The WOD Hot Vinyasa Yoga Hardcore Cycle E.I.T Jam Metaburn Extreme Hot Hatha Yoga Exhale Formula 3 Hot Yin Yoga	Joe Miranda Susie Faye Maiken Joe Miranda Cathy Joe	HIIT Hot Cycle M&B LS HIIT Hot M&B HIIT	18:00 18:15 18:30 18:45 19:15 19:00 19:30 19:15 20:15	Hatha Yoga LGA Hot Hatha Yoga Poweride WOD Vinyasa Yoga Hot Vinyasa Yoga Force Core 45 Sweat X	Cathy Faye Miranda Channah Emma K Gillian Miranda Fitz Fitz Emma K	M&B HIIT Hot Cycle LS M&B Hot HIIT HIIT Rig	18:00 18:15 18:30 18:45 19:00 19:15 19:15	F.I.T Jam Formula 3 Hot Vinyasa Yoga Poweride Classical Pilates Extreme Kettlebells Hot Hatha Yoga	Clara David Reanne Vicky T Clara Adam David Reanne	M&B HIIT Hot Cycle M&B LS HIIT Hot	11:10 12:10 12:10 12:10 12:10 13:10 13:10 13:10 14:10 14:10 14:10 14:10 15:10 15:10	Hot Dynamic Pilates Speed Fiends Pulse The WOD Hot Vinyasa Yoga Classical Pilates Force Hot Yin Yoga Sweat X Sweat X Hardcore Cycle Hot Vinyasa Yoga Extreme LGA Hot Classical Pilates Hot Rehab Pilates	Vivi Airida Deborah Joe Aurora Deborah Joe Aurora Airida Airida Joe Aurora Nat L Miranda Miranda	
15 Extreme 30 Hot Hatha Yoga 45 Just Ride 46 ELT Jam 15 The WOD 15 Force 5 Speed Fiends 90 Hot Vinyasa Yoga 46 Just Ride 15 Core 45 60 Exhale	Cathy Maria Faye Maiken Fitz Adrien Cathy Maria Fitz Cathy	Hot Cycle M&B LS HIIT Treads Hot Cycle HIIT M&B	18:15 18:30 18:45 19:15 19:15 19:15 19:30 20:00 20:15	Hot Hatha Yoga Poweride Hatha Yoga Extreme The WOD Hot Vinyasa Yoga Hardcore Cycle Vin Yoga Lift	Adrien Ashley Stuart Aurora Amy L Adrien Ashley Stuart Aurora Amy L	HIIT Hot Cycle M&B LS HIIT Hot Cycle M&B	18:15 18:30 18:45 19:00 19:15 19:15 19:30 20:00 20:15 20:30	The WOD Hot Vinyasa Yoga Hardcore Cycle E.I.T Jam Metaburn Extreme Hot Hatha Yoga Exhale Formula 3 Hot Yin Yoga	Joe Miranda Susie Faye Maiken Joe Miranda Cathy Joe	HIIT Hot Cycle M&B LS HIIT Hot M&B HIIT	18:00 18:15 18:30 18:45 19:15 19:00 19:30 19:15 20:15	Hatha Yoga LGA Hot Hatha Yoga Poweride WOD Vinyasa Yoga Hot Vinyasa Yoga Force Core 45 Sweat X	Cathy Faye Miranda Channah Emma K Gillian Miranda Fitz Fitz Emma K	M&B HIIT Hot Cycle LS M&B Hot HIIT HIIT Rig	18:00 18:15 18:30 18:45 19:00 19:15 19:15	F.I.T Jam Formula 3 Hot Vinyasa Yoga Poweride Classical Pilates Extreme Kettlebells Hot Hatha Yoga	Clara David Reanne Vicky T Clara Adam David Reanne	M&B HIIT Hot Cycle M&B LS HIIT Hot	11:10 11:10 12:10 12:10 12:10 12:10 13:10 13:10 13:10 14:10 14:10 14:10 14:10 15:10 15:10 15:10	Hot Dynamic Pilates Speed Fiends Pulse The WOD Hot Vinyasa Yoga Classical Pilates Force Hot Yin Yoga Sweat X Sweat X Hardcore Cycle Hot Vinyasa Yoga Extreme LGA Hot Classical Pilates Hot Rehab Pilates Vinyasa Yoga	Vivi Airida Deborah Joe Aurora Deborah Joe Aurora Airida Airida Joe Aurora Airida Miranda Miranda Miranda Aurora	
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ATHLETIC, TREADMILL & RIG TRAINING

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Your workout of the day. Expect 'EMOMs' and 'AMRAPs' as standard and be prepared to dig deep and push hard. Combining effective high intensity training and strength work in an encouraging and motivating environment.

FORMULA 3

This is the Formula to get you fit, fast.

A competitive, high intensity circuit with 3 targeted blocks, for a full spectrum workout. First, cardio on Concept2 rowing machines; Second, strength with kettlebells and dumbbells; Finally, athletic power and speed with bodyweight exercises. Get fit in 3... 2... 1.

KETTLEBELLS / YARD KETTLEBELLS

A powerful full body workout that will improve your core strength and give you greater muscular endurance. A range of Kettlebell exercises hit every major muscle, to build power and shred that body fat.

RUN CLUB

Discover the 'power of the pack' and elevate your running ability to its highest level. With all that London's outside environment has to offer, the unique blend of speed and VO2 intervals will provide you with the platform for a new personal best.

STRENGTH & CONDITIONING

LIFT

Build a strong body using heavier weights focusing on form and control. You will be coached through an extended mobility and activation section before starting 3 main blocks of work using heavy kettlebells and dumbbells for 8 to 12 reps per exercise. Improve your technique and leave the class feeling stronger than ever.

FORCE

A music driven barbell and dumbbell class designed to fatigue the whole body through higher repetitions. A great class for those new to weights or experienced lifters who want to feel the burn in a high energy but supported environment.

EXTREME

Train like an athlete in this fast-paced class focusing on speed and agility. A mixture of plyometric, multi-dimensional, sport based exercises using light dumbbells will develop your stability, muscular endurance and overall fitness.

METABURN

A pyramid style, full body metabolic conditioning workout. Dumbbells are used to create a stronger, leaner body focusing on improving your lifting technique whilst high intensity exercises are interspersed to elevate the heart rate. The intensity builds throughout this workout as each set increases with time.

IGA

Legs Glutes and Abs. Working some of the largest muscles in the body to create a high calorie burn. Expect a combination of strength and high intensity explosive exercises, aimed at increasing strength and flexibility to torch fat and sculpt the lower body.

CORE 30/45

A strong and functional core is fundamental for all training. This class uses full body movements in multiple planes to fully engage your core. Building strength, stability and

balance as well as shaping your abdominals.

STUDIO CYCLING

JUST RIDE

This class is designed to improve your cardiovascular fitness with a focus on endurance. Stripping cycling back to its foundations with no additional choreography, no data and no leader boards. All done working to the beat of the music, giving you opportunity to switch off and just ride

HARDCORE CYCLE

The ultimate high intensity interval cycle class. Improve both your anaerobic and aerobic fitness in a time efficient manner and feel the power of the music to help you push your physical and mental limits.

POWERIDE

Poweride is a results orientated, competitive class that uses live visual data to improve your power output. Be guided by the unique colour coaching system to optimize your output. Keep one eye on the leader board to chase down your personal best and to beat the rest of the room.

WATTBIKE

Our Wattbike class replicates a real ride feel and delivers an unrivalled experience. With targeted effective programming and the ability to analyse your technique, it's no wonder it is the choice of champions and endorsed by British cycling. Whether you are a seasoned athlete or complete beginner, maximise your performance and redefine your training.

MIND & BODY

VINYASA YOGA / HOT VINYASA YOGA

A flowing style of yoga that moves fluidly from one pose

to the next using breath. Each teacher has their own style so expect something a little different each time. Vinyasa often moves at a faster pace than some other types of yoga, be ready to work hard and build up a sweat. Leave feeling energised physically, mentally and spiritually from this moving meditation. Regular practice will strengthen and tone muscles and increase flexibility and mobility.

HATHA YOGA / HOT HATHA YOGA

Hatha yoga is slower in pace than vinyasa, with more time spent in each posture. Often these classes will include pranayama or breathing exercises. If you are new to yoga, this is a good place to start as the slower pace allows for more alignment focus and an opportunity to get familiar with the practice.

YIN YOGA/ HOT YIN YOGA

Yin Yoga is slow and meditative. Poses are held for 4-6 minutes for deep stretching of the body's connective tissues and joints.

ROCKET YOGA/ HOT ROCKET YOGA

Based on Ashtanga, Rocket yoga is said to 'get you there faster'. A fast paced, playful class expect to explore arm balances and inversions and tackle some of the more challenging postures. This class isn't suitable for beginners or the faint hearted!

CLASSICAL PILATES / HOT CLASSICAL PILATES

Pilates is a blend of flexibility and strength training which improves posture and form and supports you with training, toning, recovering and in everyday life.

Classical Pilates is based on the original classical mat series 34 exercises as designed by Josef Pilates.

REHAB PILATES / HOT REHAB PILATES

Pilates is a blend of flexibility

and strength training which improves posture and form and supports you with training, toning, recovering and in everyday life.

Rehab Pilates is a slower paced Pilates class where the exercises are taught in more detail with a heavy focus on alignment and the improvement of poor posture.

DYNAMIC PILATES / HOT DYNAMIC PILATES

Pilates is a blend of flexibility and strength training which improves posture and form and supports you with training, toning, recovering and in everyday life.

Dynamic Pilates takes the classical principles and applies them to functional movements to help support correct alignment both in sport and life.

PULSE

"Not just another barre class..."
Set to the beat of the music, this full body workout uses ballet and pilates inspired isometric strength training techniques to build and strengthen long, lean muscles.

EXHALE

A 45 minute mindfulness class to help reset and rebalance through breath-work, movement and meditation.

Learn to slow down the mind with different breathing techniques, slow flow yoga and varying styles of meditation.

THE METHOD

Designed to sculpt and tone the body working the arms, legs, glutes and core through the use of resistance loop bands. Exercises are performed in 3 different tempo variations enabling full muscle fibre recruitment to help strengthen the muscle and improve range of movement. The class ends with an ab blast finisher followed by a deep relaxing stretch.

COMBAT CLASSES

BOXING

Focus on learning proper boxing techniques and drills while working on the punch bag. Improve fitness, power, and endurance while developing boxing skills. Members are kindly requested to bring their own boxing gloves and wraps (these can be purchased at Concierge).

BOXING FDM (Fundamentals)

Learn boxing fundamentals. Beginners will be taught the correct stance, the precise technique for punches and effective boxing movements. Advanced boxers will improve their form and progress their technique. Members are kindly requested to bring their own boxing gloves and wraps (these can be purchased at Concierge).

KICKBOXING

Working with the punch bag, learn and perfect the art of punching and kicking to improve your overall fitness, strength and power. Members are kindly requested to bring their own boxing gloves and wraps (these can be purchased at Concierge).

SWIM CLASSES

SKILLS & DRILLS

Improve your Front Crawl form and technique with progressive skills and drills for a faster, more effective and efficient swim style.

Soho Class Schedule

	Monday			Tuesday				Wednesday				Thu	rsday			Fri	day		Saturday				
7:00	Lift	Kate	Sherwood	7:00 LGA	Lucie	Sherwood	7:00	Force	Lucie	Sherwood	7:00	Wattbike	Chris	Wattbikes	7:00 TI	he WOD	Will	Sherwood	9:00 Lift	Adam	Sherwood		
7:30	Hatha Yoga	Eithne	Brewer	7:30 Vinyasa Yoga	Darvina	Brewer	7:30	Hot Vinyasa Yoga	Richard	Brewer	7:00	Extreme	Will	Sherwood	7:30 V	inyasa yoga	Darvina	Brewer	9:30 Hot Vinyasa Yoga	Richard	Brewer		
7:44	Just ride	Nat B	Cycle	8:00 Poweride	Lucie	Cycle	8:00	Just Ride	Lucie	Cycle	7:30	Hatha Yoga	Meg	Brewer	8:45 Sp	peed Fiends	Will	Treadmills	9:45 Hardcore Cycle	Stuart	Cycle		
8:00	Extreme	Kate	Sherwood								7:45	Just Ride	Daren	Cycle					10:00 The WOD	Adam	Sherwood		
8:45	Speed Fiends	Imogen	Treadmills								8:00	Skills and Drills	Arvids	Pool					10:30 Vinyasa Yoga	Richard	Brewer		
											8:00	Metaburn	Will	Sherwood					10:45 Poweride	Stuart	Cycle		
																			11:00 Kettlebells	Adam	Sherwood		
																			13:00 Sweat X	Adam	Rig/Treadmills		
																			14:00 Core 45	Adam	Sherwood		
12:00	o Lift	Kate	Sherwood	11:45 Force	Lucie	Sherwood	12:00	LGA	Lucie	Sherwood	12:00	Wattbike	Chris	Wattbikes	12:00 L	ift	Will	Sherwood	Su	ınday			
12:30	Rehab Pilates	Liz	Brewer	12:00 Wattbike	Imogen	Wattbikes	12:00	Kickboxing	Paul	Dojo	12:00	Force	Lucie	Sherwood	12:00 K	ickboxing	Paul	Dojo	9:00 Just Ride	Lucie	Cycle		
13:00	Metaburn	Kate	Sherwood	12:30 Dynamic Pilates	Claire H	Brewer	12:30	Yin yoga	Darvina	Brewer	12:30	Rocket yoga	Darvina	Brewer	12:30 H	ot Hatha Yoga	Darvina	Brewer	9:30 Vinyasa Yoga	Erin	Brewer		
13:00	Boxology	Cathy	Dojo	12:45 Just Ride	Lucie	Cycle	13:00	The WOD	Adam	Sherwood	12:45	Just Ride	Elliot	Cycle	13:00 St	weat X	Will	Rig/Treadmills	10:00 Hardcore cycle	Lucie	Cycle		
13:30	Vinyasa yoga	Liz	Brewer	13:00 Boxology	Cathy	Dojo					13:00	Lift?	Lucie	Sherwood					10:30 Rocket Yoga	Erin	Brewer		
				13:00 The WOD	Adam	Sherwood					13:00	Boxology	Cathy	Dojo					11:15 Lift	Lucie	Sherwood		
				14:00 Speed Fiends	Adam	Treadmills					13:00	Speed Fiends	Chris	Treadmills					11:30 Yin Yoga	Erin	Brewer		
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	Extreme	Adam	Sherwood	17:00 Metaburn	Adam	Sherwood		Kettlebells	Adam	Sherwood		Hot Vinyasa Yoga		Brewer	17:00 L		Jemimah	Sherwood					
	D Lift D Boxology	Adam	Sherwood	17:45 Poweride	Channah	Cycle Sherwood		Hot Yin Yoga Boxology	Ashley	Brewer Dojo		Poweride Lift	Elliot	Cycle Sherwood	17:30 Y		Eithne	Brewer					
	Wattbike Sprints	Cathy	Dojo Wattbikes	18:00 Boxology	Cathy	Dojo		The WOD	Adam	Sherwood		Boxology	Daisy	Dojo	17:45 Jt		Jemimah	Cycle Sherwood					
	Exhale	Liz H	Brewer	18:30 Hot Yin Yoga	Bassanti	Brewer		Hot Vinyasa Yoga		Brewer		Dynamic Pilates	Tony	Brewer		ombat Move	Alex	Dojo					
	5 Just Ride	Elliot	Cycle	18:45 Hardcore cycle	Channah				Maria G			The WOD	Daisy	Sherwood		atha Yoga	Eithne	Brewer					
	o The WOD	Adam	Sherwood	19:00 Lift	Adam	Sherwood	19:00		Adam	Sherwood		Rehab Pilates	Tony	Brewer		-							
	Combat move	Alex	Dojo	19:30 Hot Vinyasa Yoga		Brewer		Boxology	Cathy	Dojo													
	Vinyasa yoga	Liz H	Brewer	20:00 Speed Fiends	Adam	Rig/Treadmills		Hot Hatha Yoga	Ashley	Brewer													
	o Sweat X	Adam	Rig/Treadmills					Sweat X	Adam	Rig/Treadmills													



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SWIM CLASSES

SKILLS & DRILLS

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Tower Bridge Class Schedule

6:15 The WOD	Dagger	Disperido	6:15 Matahur	Rath	Disperido	6:15 Life	Class B	Discontila	6:1- Life	Rath-	Disagnida	625 Formule 2	Rath	Disperide	Sur Exemula -	Rath	Diamental
6:15 The WOD	Danny	Riverside	6:15 Metaburn	Beth	Riverside	6:15 Lift	Clare R	Riverside	6:15 Lift	Beth	Riverside	6:15 Formula 3	Beth	Riverside	8:15 Formula 3	Beth	Riverside
6:30 Hot Hatha Yoga	Jamie	Hot	6:30 Hot Vinyasa Yoga	Sammy	Hot	6:30 Hot Vinyasa Yoga		Hot	6:30 Hot Hatha Yoga	Jess	Hot	6:30 Hot Dynamic Pilates	Annie	Hot	8:30 Hot Vinyasa Yoga	Mahalia	Hot
6:45 Just Ride	Char	Cycle	6:45 Hardcore Cycle	Stacey	Cycle	7:00 Rocket Yoga	Sophie	M&B	6:45 Poweride	Clare	Cycle	6:45 Hardcore Cycle	Clare R	Cycle	8:45 Hardcore Cycle	Clare R	Cycle
7:00 Dynamic Pilates	Debbie	M&B	7:00 Hatha Yoga	David	M&B	7:15 Extreme	Clare R	Riverside	7:00 Method	Lewis	M&B	7:00 Vinyasa Yoga	Negeen	M&B	8:45 Speed Fiends	Nat L	Treads
7:15 Metaburn	Danny	Riverside	7:15 The WOD	Beth	Riverside	7:30 Hot Hatha Yoga	David	Hot	7:15 Metaburn	Beth	Riverside	7:15 The WOD	Beth	Riverside	9:00 Pulse	Amy	M&B
7:30 Wattbike	Chris	WB	7:30 Hot Hatha Yoga	Sammy	Hot	8:00 Yin Yoga	Sophie	M&B	7:30 Wattbike	Mikey	WB	7:30 Hot Yin Yoga	Annie	Hot	9:15 The WOD	Beth	Riverside
7:30 Hot Vinyasa Yoga	Jamie	Hot	7:30 Wattbike	Mikey	WB	8:15 Metaburn	Clare R	Riverside	7:30 Hot Vinyasa Yoga	Jess	Hot	7:45 Just Ride	Clare R	Cycle	9:30 Hot Rocket Yoga	Mahalia	Hot
7:45 Hardcore Cycle	Char	Cycle	7:45 Poweride	Stacey	Cycle	8:30 Hot Vinyasa Yoga	n David	Hot	7:45 Hardcore Cycle	Clare	Cycle	8:00 Hatha Yoga	Negeen	M&B	9:45 Just Ride	Clare R	Cycle
8:00 Pulse	Debbie	M&B	8:00 Vinyasa Yoga	David	M&B	9:15 The WOD	Emma K	Riverside	8:00 Pulse	Lewis	M&B	8:15 Metaburn	Beth	Riverside	9:45 Sweat X	Nat L	Tread
8:15 Lift	Danny	Riverside	8:15 Lift	Beth	Riverside				8:15 Formula 3	Beth	Riverside	9:15 The WOD	Clare R	Riverside	10:00 Rehab Pilates	Amy	M&B
8:45 Speed Fiends	Chris	Treads	8:30 Hot Hatha Yoga	Sammy	Hot				9:15 Kettlebells	Chris M	Riverside				10:15 Extreme	Beth	Riverside
9:15 Formula 3	Danny	Riverside	8:45 Sweat X	Emma K	Rig										10:30 Hot Yin Yoga	Mahalia	Hot
8:30 Hatha Yoga	Jamie	Hot	9:15 Force	Eve	Riverside										11:00 The Method	Amy	M&B
															11:15 Lift	Beth	Riverside
															11:30 Hot Hatha Yoga	Ruben	Hot
			11:30 Hot Hatha Yoga	David	Hot	11:15 Force	Clare R	Riverside	11:15 Formula 3	Clare	Riverside	11:15 Lift	Beth	Riverside	11:45 Speed Fiends	Nat L	Rig
11:30 Hot classical Pilates	Carl	Hot	11:45 Speed Fiends	Beth	Treads	11:30 Hot Hatha Yoga	Ruben	Hot	11:30 Hot Vinyasa Yoga	Katie	Hot	11:30 Hot Vinyasa Yoga	Emily	Hot	12:00 Barre Burn	Amy	M&B
12:00 Barre Burn	Vincent	M&B	12:00 Dynamic Pilates	Annie	M&B	12:00 The Method	Becki	M&B	11:45 Speed Fiends	Beth	Treads	12:00 Hatha Yoga	Carl	M&B	12:15 Force	Clare R	Riverside
12:15 The WOD	Aaron	Riverside	12:15 Kettlebells	Aaron	Riverside	12:15 Metaburn	Aaron	Riverside	12:00 The Method	Amy L	M&B	12:15 Metaburn	Beth	Riverside	12:30 Hot Vinyasa Yoga	Ruben	Hot
12:30 Hot Vinyasa Yoga	Emily	Hot	12:30 Hot Vinyasa Yoga	David	Hot	12:30 Hot Vinyasa Yoga	Clare W	Hot	12:15 Extreme	Clare	Riverside	12:30 Hot Dynamic Pilates	Terry	Hot	12:45 Sweat X	Beth	Rig
12:45 Speed fiends	Danny	Treads	12:45 Sweat X	Beth	Rig	12:45 Speed Fiends	Emma K	Treads	12:30 Hot Vinyasa Yoga	Jess	Hot	12:45 Sweat X	Airida	Treads	13:00 Vinyasa Yoga	Louise	M&B
12:45 Hardcore Cycle	Vicky	Cycle	12:45 Just Ride	Eve	Cycle	12:45 Just Ride	Clare R	Cycle	12:45 Hardcore Cycle	Stacey	Cycle	13:30 Hot Rehab Pilates	Terry	Hot	13:15 Metaburn	Clare R	Riverside
13:15 Kettlebells	Aaron	Riverside	13:15 Formula 3	Aaron	Riverside	13:15 Kettlebells	Aaron	Riverside	12:45 Sweat X	Beth	Treads	13:15 Formula 3	Clare R	Riverside	13:30 Hot Hatha Yoga	Ruben	Hot
13:30 Hot Yin Yoga	Emily	Hot	13:30 Hot Hatha Yoga	David	Hot	13:30 Hot Yin Yoga	Clare W	Hot	13:15 Lift	Clare	Riverside				14:00 Hatha Yoga	Louise	M&B
									13:30 Hot Yin Yoga	Jess	Hot				14:15 Formula 3	Clare R	Riverside
															14:30 Hot Vinyasa Yoga	Erin	Hot
															15:30 Hot Hatha Yoga	Erin	Hot
16:30 Hot Yin Yoga	Clare W	Hot	16:30 Hot Hatha Yoga	Jess	Hot	16:30 Hot Vinyasa Yoga	Clare W	Hot	16:30 Hot Hatha Yoga	Bassanti	Hot	16:30 Hot Hatha Yoga	Sophie	Hot	16:30 Hot Rocket Yoga	Peace	Hot
17:00 Rocket Yoga	Darvina	M&B	17:00 Pulse	Jenny	M&B	17:15 Lift	Aaron	Riverside	17:15 Force	Stacey	Riverside	17:00 Dynamic Pilates	Terry	M&B	17:30 Hot Yin Yoga	Peace	Hot
17:15 Kettlebells	Aaron	Riverside	17:15 Metaburn	Aaron	Riverside	17:30 Hot Yin Yoga	Clare W	Hot	17:30 Hot Yin Yoga	Bassanti	Hot	17:15 Formula 3	Airida	Riverside	-		
															Sunga	ıy	
17:30 Hot Yin Yoga	Clare W	Hot	17:30 Hot Vinyasa Yoga	Jess	Hot	17:45 Just Ride	Craig	Cycle	18:00 The Method	Laura	M&B	17:30 Hot Vinyasa Yoga	Sophie	Hot	Sunda	ıv	
	Clare W Stacey	Hot Cycle	17:30 Hot Vinyasa Yoga 17:45 Just Ride	Jess Maria	Hot Cycle	17:45 Just Ride 18:00 Pulse	Craig Debbie	Cycle M&B	18:00 The Method 18:15 The WOD	Laura Louis	M&B Riverside	17:30 Hot Vinyasa 10ga 17:45 Hardcore Cycle	Sophie Elliot	Hot Cycle	Sunda Sunda	ıÿ	
7:45 Hardcore Cycle								,							Sunda 8:15 WOD	J ermimah	Riverside
17:45 Hardcore Cycle 18:00 Yin Yoga	Stacey	Cycle	17:45 Just Ride	Maria	Cycle	18:00 Pulse	Debbie Aaron	M&B	18:15 The WOD	Louis	Riverside	17:45 Hardcore Cycle	Elliot	Cycle	8:15 WOD	_	
17:45 Hardcore Cycle 18:00 Yin Yoga 18:15 Lift	Stacey Darvina	Cycle M &B	17:45 Just Ride 18:00 Hatha Yoga	Maria Sharon	Cycle M&B	18:00 Pulse 18:15 Kettlebells	Debbie Aaron	M&B Riverside	18:15 The WOD 18:30 Hot Vinyasa Yoga	Louis Sammy	Riverside Hot	17:45 Hardcore Cycle 18:00 Method	Elliot Laura	Cycle M&B		Jermimah	Riverside Rig M&B
18:00 Yin Yoga 18:15 Lift 18:30 Hot Vinyasa Yoga	Stacey Darvina Aaron Ruben	Cycle M &B Riverside	17:45 Just Ride 18:00 Hatha Yoga 18:15 The WOD 18:30 Hot Rehab Pilates	Maria Sharon Aaron	Cycle M&B Riverside Hot	18:00 Pulse 18:15 Kettlebells 18:30 Hot Vinyasa Yoga 18:30 Wattbike	Debbie Aaron Mahalia	M&B Riverside Hot	18:15 The WOD 18:30 Hot Vinyasa Yoga 18:45 Poweride	Louis Sammy Stacey	Riverside Hot Cycle	17:45 Hardcore Cycle 18:00 Method 18:15 Lift	Elliot Laura Airida	Cycle M&B Riverside	8:15 WOD 8:45 Speed Fiends 9:00 Dynamic Pilates	Jermimah Aaron	Rig
17:45 Hardcore Cycle 18:00 Yin Yoga 18:15 Lift 18:30 Hot Vinyasa Yoga 18:45 Poweride	Stacey Darvina Aaron Ruben Stacey	Cycle M &B Riverside Hot	17:45 Just Ride 18:00 Hatha Yoga 18:15 The WOD 18:30 Hot Rehab Pilates 18:45 Just Ride	Maria Sharon Aaron Jess Maria	Cycle M&B Riverside Hot Cycle	18:00 Pulse 18:15 Kettlebells 18:30 Hot Vinyasa Yoga 18:30 Wattbike 18:45 Speed Fiends	Debbie Aaron Mahalia Mikey Louis	M&B Riverside Hot WB Treads	18:15 The WOD 18:30 Hot Vinyasa Yoga 18:45 Poweride 19:00 Pulse 19:15 Kettlebells	Louis Sammy Stacey Laura	Riverside Hot Cycle M&B Riverside	17:45 Hardcore Cycle 18:00 Method 18:15 Lift 18:30 Hot Vin Yoga 19:00 Pulse	Elliot Laura Airida Emily Laura	Cycle M&B Riverside Hot M&B	8:15 WOD 8:45 Speed Fiends 9:00 Dynamic Pilates 9:15 Metaburn	Jermimah Aaron Terry Jermimah	Rig M&B HIIT
7745 Hardcore Cycle 8200 Vin Yoga 1835 Lift Hot Vinyasa Yoga 845 Poweride 900 Vinyasa Yoga	Stacey Darvina Aaron Ruben Stacey Darvina	Cycle M &B Riverside Hot Cycle	17:45 Just Ride 18:00 Hatha Yoga 18:15 The WOD 18:30 Hot Rehab Pilates 18:45 Just Ride 19:00 Classical Pilates	Maria Sharon Aaron Jess Maria Sharon	Cycle M&B Riverside Hot	18:00 Pulse 18:15 Kettlebells 18:30 Hot Vinyasa Yoga 18:30 Wattbike 18:45 Speed Fiends 18:45 Hardcore Cycle	Debbie Aaron Mahalia Mikey	M&B Riverside Hot WB	18:35 The WOD 18:30 Hot Vinyasa Yoga 18:45 Poweride 19:00 Pulse 19:15 Kettlebells 19:30 Hot Hatha Yoga	Louis Sammy Stacey Laura Louis Sammy	Riverside Hot Cycle M&B	17:45 Hardcore Cycle 18:00 Method 18:15 Lift 18:30 Hot Yin Yoga 19:00 Pulse 19:30 Hot Yin Yoga	Elliot Laura Airida Emily Laura Emily	Cycle M&B Riverside Hot	8:15 WOD 8:45 Speed Fiends 9:00 Dynamic Pilates 9:15 Metaburn 9:30 Hot Vinyasa Yoga	Jermimah Aaron Terry	Rig M&B HIIT Hot
7-45 Hardcore Cycle 8-00 Vin Yoga 8-15 Lift 8-30 Hot Vinyasa Yoga 8-45 Poweride 9-00 Vinyasa Yoga 9-15 Formula 3	Stacey Darvina Aaron Ruben Stacey Darvina Aaron	Cycle M &B Riverside Hot Cycle M&B Riverside	17:45 Just Ride 18:00 Hatha Yoga 18:15 The WOD 18:30 Hot Rehab Pilates 18:45 Just Ride 19:00 Classical Pilates 19:15 Kettlebells	Maria Sharon Aaron Jess Maria Sharon Aaron	Cycle M&B Riverside Hot Cycle M&B Riverside	18:00 Pulse 18:15 Kettlebells 18:30 Hot Vinyasa Yoga 18:30 Wattbike 18:45 Speed Fiends 18:45 Hardcore Cycle 19:00 Dynamic Pilates	Debbie Aaron Mahalia Mikey Louis Craig Debbie	M&B Riverside Hot WB Treads Cycle M&B	18:15 The WOD 18:30 Hot Vinyasa Yoga 18:45 Poweride 19:00 Pulse 19:15 Kettlebells 19:30 Hot Hatha Yoga 20:00 The Method	Louis Sammy Stacey Laura Louis Sammy Laura	Riverside Hot Cycle M&B Riverside Hot M&B	1745 Hardcore Cycle 1820 Method 1825 Lift 1830 Hot Yin Yoga 1920 Pulse 1930 Hot Yin Yoga 1921 The WOD	Elliot Laura Airida Emily Laura Emily Airida	Cycle M&B Riverside Hot M&B Hot Riverside	8:15 WOD 8:45 Speed Fiends 9:00 Dynamic Pilates 9:15 Metaburn 9:30 Hot Vinyasa Yoga 9:45 Sweat X	Jermimah Aaron Terry Jermimah Carl	Rig M&B HIIT Hot Treads
7-45 Hardcore Cycle 8-00 Yin Yoga 8-15 Lift 8-30 Hot Vinyasa Yoga 8-45 Poweride 9-00 Vinyasa Yoga 9-15 Formula 3 9-30 Hot Vinyasa Yoga	Stacey Darvina Aaron Ruben Stacey Darvina	Cycle M &B Riverside Hot Cycle M&B Riverside	17:45 Just Ride 18:00 Hatha Yoga 18:15 The WOD 18:30 Hot Rehab Pilates 18:45 Just Ride 19:00 Classical Pilates 19:15 Kettlebells 19:30 Hot Yin Yoga	Maria Sharon Aaron Jess Maria Sharon	Cycle M&B Riverside Hot Cycle M&B	18:00 Pulse 18:15 Kettlebells 18:30 Hot Vinyasa Yoga 18:30 Wattbike 18:45 Speed Fiends 18:45 Hardcore Cycle 19:00 Dynamic Pilates 19:15 Formula 3	Debbie Aaron Mahalia Mikey Louis Craig Debbie Aaron	M&B Riverside Hot WB Treads Cycle M&B Riverside	18:35 The WOD 18:30 Hot Vinyasa Yoga 18:45 Poweride 19:00 Pulse 19:15 Kettlebells 19:30 Hot Hatha Yoga	Louis Sammy Stacey Laura Louis Sammy	Riverside Hot Cycle M&B Riverside Hot	17:45 Hardcore Cycle 18:00 Method 18:15 Lift 18:30 Hot Yin Yoga 19:00 Pulse 19:30 Hot Yin Yoga	Elliot Laura Airida Emily Laura Emily	Cycle M&B Riverside Hot M&B Hot	8:15 WOD 8:45 Speed Fiends 9:00 Dynamic Pilates 9:15 Metaburn 9:30 Hot Vinyasa Yoga	Jermimah Aaron Terry Jermimah Carl Aaron	Rig M&B HIIT Hot Treads Cycle
7-45 Hardcore Cycle 8-00 Yin Yoga 8-15 Lift 8-30 Hot Vinyasa Yoga 8-45 Poweride 9-00 Vinyasa Yoga 9-15 Formula 3 9-30 Hot Vinyasa Yoga 9-45 Sweat X	Stacey Darvina Aaron Ruben Stacey Darvina Aaron Ruben Jemimah	Cycle M &B Riverside Hot Cycle M&B Riverside Hot Rig	17:45 Just Ride 18:00 Hatha Yoga 18:15 The WOD 18:30 Hot Rehab Pilates 18:45 Just Ride 19:00 Classical Pilates 19:15 Kettlebells 19:30 Hot Yin Yoga 19:45 Speed Fiends	Maria Sharon Aaron Jess Maria Sharon Aaron Jess Maria	Cycle M&B Riverside Hot Cycle M&B Riverside Hot Treads	18:00 Pulse 18:15 Kettlebells 18:30 Hot Vinyasa Yoga 18:30 Wattbike 18:45 Speed Fiends 18:45 Hardcore Cycle 19:00 Dynamic Pilates 19:35 Formula 3 19:30 Hot Yin Yoga	Debbie Aaron Mahalia Mikey Louis Craig Debbie Aaron Mahalia	M&B Riverside Hot WB Treads Cycle M&B Riverside Hot	18:15 The WOD 18:30 Hot Vinyasa Yoga 18:45 Poweride 19:00 Pulse 19:15 Kettlebells 19:30 Hot Hatha Yoga 20:00 The Method	Louis Sammy Stacey Laura Louis Sammy Laura	Riverside Hot Cycle M&B Riverside Hot M&B	1745 Hardcore Cycle 1820 Method 1825 Lift 1830 Hot Yin Yoga 1920 Pulse 1930 Hot Yin Yoga 1921 The WOD	Elliot Laura Airida Emily Laura Emily Airida	Cycle M&B Riverside Hot M&B Hot Riverside	8:15 WOD 8:45 Speed Fiends 9:00 Dynamic Pilates 9:15 Metaburn 9:30 Hot Vinyasa Yoga 9:45 Sweat X 9:45 Just Ride 10:00 Rehab Pilates	Jermimah Aaron Terry Jermimah Carl Aaron Maria Terry	Rig M&B HIIT Hot Treads Cycle M&B
7-45 Hardcore Cycle 8-00 Yin Yoga 8-15 Lift 8-30 Hot Vinyasa Yoga 8-45 Poweride 9-00 Vinyasa Yoga 9-15 Formula 3 9-30 Hot Vinyasa Yoga 9-45 Sweat X Kettlebells	Stacey Darvina Aaron Ruben Stacey Darvina Aaron Ruben Jemimah Chris M	Cycle M &B Riverside Hot Cycle M&B Riverside Hot Rig Riverside	17:45 Just Ride 18:00 Hatha Yoga 18:15 The WOD 18:30 Hot Rehab Pilates 18:45 Just Ride 19:00 Classical Pilates 19:15 Kettlebells 19:30 Hot Yin Yoga 19:45 Speed Fiends Method from	Maria Sharon Aaron Jess Maria Sharon Aaron Jess Maria Jenny	Cycle M&B Riverside Hot Cycle M&B Riverside Hot Treads M&B	18:00 Pulse 18:15 Kettlebells 18:30 Hot Vinyasa Yoga 18:30 Wattbike 18:45 Speed Fiends 18:45 Hardcore Cycle 19:00 Dynamic Pilates 19:15 Formula 3 19:30 Hot Yin Yoga 19:45 Sweat X	Debbie Aaron Mahalia Mikey Louis Craig Debbie Aaron Mahalia Louis	M&B Riverside Hot WB Treads Cycle M&B Riverside Hot Treads	18:15 The WOD 18:30 Hot Vinyasa Yoga 18:45 Poweride 19:00 Pulse 19:15 Kettlebells 19:30 Hot Hatha Yoga 20:00 The Method	Louis Sammy Stacey Laura Louis Sammy Laura	Riverside Hot Cycle M&B Riverside Hot M&B	1745 Hardcore Cycle 1820 Method 1825 Lift 1830 Hot Yin Yoga 1920 Pulse 1930 Hot Yin Yoga 1921 The WOD	Elliot Laura Airida Emily Laura Emily Airida	Cycle M&B Riverside Hot M&B Hot Riverside	8:15 WOD 8:45 Speed Fiends 9:00 Dynamic Pilates 9:15 Metaburn 9:30 Hot Vinyasa Yoga 9:45 Sweat X 9:45 Just Ride 10:00 Rehab Pilates 10:15 Lift	Jermimah Aaron Terry Jermimah Carl Aaron Maria Terry Jermimah	Rig M&B HIIT Hot Treads Cycle M&B HIIT
7-45 Hardcore Cycle 8-00 Yin Yoga 8-15 Lift 8-30 Hot Vinyasa Yoga 8-45 Poweride 9-00 Vinyasa Yoga 9-15 Formula 3 9-30 Hot Vinyasa Yoga 9-45 Sweat X Kettlebells	Stacey Darvina Aaron Ruben Stacey Darvina Aaron Ruben Jemimah	Cycle M &B Riverside Hot Cycle M&B Riverside Hot Rig	17:45 Just Ride 18:00 Hatha Yoga 18:15 The WOD 18:30 Hot Rehab Pilates 18:45 Just Ride 19:00 Classical Pilates 19:15 Kettlebells 19:30 Hot Yin Yoga 19:45 Speed Fiends	Maria Sharon Aaron Jess Maria Sharon Aaron Jess Maria	Cycle M&B Riverside Hot Cycle M&B Riverside Hot Treads	18:00 Pulse 18:15 Kettlebells 18:30 Hot Vinyasa Yoga 18:30 Wattbike 18:45 Speed Fiends 18:45 Hardcore Cycle 19:00 Dynamic Pilates 19:35 Formula 3 19:30 Hot Yin Yoga	Debbie Aaron Mahalia Mikey Louis Craig Debbie Aaron Mahalia Louis	M&B Riverside Hot WB Treads Cycle M&B Riverside Hot	18:15 The WOD 18:30 Hot Vinyasa Yoga 18:45 Poweride 19:00 Pulse 19:15 Kettlebells 19:30 Hot Hatha Yoga 20:00 The Method	Louis Sammy Stacey Laura Louis Sammy Laura	Riverside Hot Cycle M&B Riverside Hot M&B	1745 Hardcore Cycle 1820 Method 1825 Lift 1830 Hot Yin Yoga 1920 Pulse 1930 Hot Yin Yoga 1921 The WOD	Elliot Laura Airida Emily Laura Emily Airida	Cycle M&B Riverside Hot M&B Hot Riverside	8:15 WOD 8:45 Speed Fiends 9:00 Dynamic Pilates 9:15 Metaburn 9:30 Hot Vinyasa Yoga 9:45 Sweat X 9:45 Just Ride 10:00 Rehab Pilates 10:15 Lift 10:30 Hot Hatha Yoga	Jermimah Aaron Terry Jermimah Carl Aaron Maria Terry Jermimah Carl	Rig M&B HIIT Hot Treads Cycle M&B HIIT Hot
7-45 Hardcore Cycle 8:00 Yin Yoga 8:15 Lift 8:30 Hot Vinyasa Yoga 8:45 Poweride 9:00 Vinyasa Yoga 9:15 Formula 3 9:30 Hot Vinyasa Yoga 9:45 Sweat X 6:15 Kettlebells	Stacey Darvina Aaron Ruben Stacey Darvina Aaron Ruben Jemimah Chris M	Cycle M &B Riverside Hot Cycle M&B Riverside Hot Rig Riverside	17:45 Just Ride 18:00 Hatha Yoga 18:15 The WOD 18:30 Hot Rehab Pilates 18:45 Just Ride 19:00 Classical Pilates 19:15 Kettlebells 19:30 Hot Yin Yoga 19:45 Speed Fiends Method from	Maria Sharon Aaron Jess Maria Sharon Aaron Jess Maria Jenny	Cycle M&B Riverside Hot Cycle M&B Riverside Hot Treads M&B	18:00 Pulse 18:15 Kettlebells 18:30 Hot Vinyasa Yoga 18:30 Wattbike 18:45 Speed Fiends 18:45 Hardcore Cycle 19:00 Dynamic Pilates 19:15 Formula 3 19:30 Hot Yin Yoga 19:45 Sweat X	Debbie Aaron Mahalia Mikey Louis Craig Debbie Aaron Mahalia Louis	M&B Riverside Hot WB Treads Cycle M&B Riverside Hot Treads	18:15 The WOD 18:30 Hot Vinyasa Yoga 18:45 Poweride 19:00 Pulse 19:15 Kettlebells 19:30 Hot Hatha Yoga 20:00 The Method	Louis Sammy Stacey Laura Louis Sammy Laura	Riverside Hot Cycle M&B Riverside Hot M&B	1745 Hardcore Cycle 1820 Method 1825 Lift 1830 Hot Yin Yoga 1920 Pulse 1930 Hot Yin Yoga 1921 The WOD	Elliot Laura Airida Emily Laura Emily Airida	Cycle M&B Riverside Hot M&B Hot Riverside	8:15 WOD 8:45 Speed Fiends 9:00 Dynamic Pilates 9:15 Metaburn 9:30 Hot Vinyasa Yoga 9:45 Sweat X 9:45 Just Ride 10:00 Rehab Pilates 10:15 Lift 10:30 Hot Hatha Yoga 10:45 Just Ride	Jermimah Aaron Terry Jermimah Carl Aaron Maria Terry Jermimah Carl Maria	Rig M&B HIIT Hot Treads Cycle M&B HIIT Hot Cycle
7-45 Hardcore Cycle 8:00 Yin Yoga 8:15 Lift 8:30 Hot Vinyasa Yoga 8:45 Poweride 9:00 Vinyasa Yoga 9:15 Formula 3 9:30 Hot Vinyasa Yoga 9:45 Sweat X 6:15 Kettlebells	Stacey Darvina Aaron Ruben Stacey Darvina Aaron Ruben Jemimah Chris M	Cycle M &B Riverside Hot Cycle M&B Riverside Hot Rig Riverside	17:45 Just Ride 18:00 Hatha Yoga 18:15 The WOD 18:30 Hot Rehab Pilates 18:45 Just Ride 19:00 Classical Pilates 19:15 Kettlebells 19:30 Hot Yin Yoga 19:45 Speed Fiends Method from	Maria Sharon Aaron Jess Maria Sharon Aaron Jess Maria Jenny	Cycle M&B Riverside Hot Cycle M&B Riverside Hot Treads M&B	18:00 Pulse 18:15 Kettlebells 18:30 Hot Vinyasa Yoga 18:30 Wattbike 18:45 Speed Fiends 18:45 Hardcore Cycle 19:00 Dynamic Pilates 19:15 Formula 3 19:30 Hot Yin Yoga 19:45 Sweat X	Debbie Aaron Mahalia Mikey Louis Craig Debbie Aaron Mahalia Louis	M&B Riverside Hot WB Treads Cycle M&B Riverside Hot Treads	18:15 The WOD 18:30 Hot Vinyasa Yoga 18:45 Poweride 19:00 Pulse 19:15 Kettlebells 19:30 Hot Hatha Yoga 20:00 The Method	Louis Sammy Stacey Laura Louis Sammy Laura	Riverside Hot Cycle M&B Riverside Hot M&B	1745 Hardcore Cycle 1820 Method 1825 Lift 1830 Hot Yin Yoga 1920 Pulse 1930 Hot Yin Yoga 1921 The WOD	Elliot Laura Airida Emily Laura Emily Airida	Cycle M&B Riverside Hot M&B Hot Riverside	8:15 WOD 8:45 Speed Fiends 9:00 Dynamic Pilates 9:15 Metaburn 9:30 Hot Vinyasa Yoga 9:45 Sweat X 9:45 Just Ride 10:00 Rehab Pilates 10:15 Lift 10:30 Hot Hatha Yoga 10:45 Just Ride	Jermimah Aaron Terry Jermimah Carl Aaron Maria Terry Jermimah Carl Maria	Rig M&B HIIT Hot Treads Cycle M&B HIIT Hot Cycle M&B
7-45 Hardcore Cycle Stoo Yin Yoga 8-15 Lift 8-30 Hot Vinyasa Yoga 8-45 Poweride COO Vinyasa Yoga 9-15 Formula 3 Hot Vinyasa Yoga 9-15 Sweat X Cot Stool Vinyasa Yoga 8-45 Sweat X	Stacey Darvina Aaron Ruben Stacey Darvina Aaron Ruben Jemimah Chris M	Cycle M &B Riverside Hot Cycle M&B Riverside Hot Rig Riverside	17:45 Just Ride 18:00 Hatha Yoga 18:15 The WOD 18:30 Hot Rehab Pilates 18:45 Just Ride 19:00 Classical Pilates 19:15 Kettlebells 19:30 Hot Yin Yoga 19:45 Speed Fiends Method from	Maria Sharon Aaron Jess Maria Sharon Aaron Jess Maria Jenny	Cycle M&B Riverside Hot Cycle M&B Riverside Hot Treads M&B	18:00 Pulse 18:15 Kettlebells 18:30 Hot Vinyasa Yoga 18:30 Wattbike 18:45 Speed Fiends 18:45 Hardcore Cycle 19:00 Dynamic Pilates 19:15 Formula 3 19:30 Hot Yin Yoga 19:45 Sweat X	Debbie Aaron Mahalia Mikey Louis Craig Debbie Aaron Mahalia Louis	M&B Riverside Hot WB Treads Cycle M&B Riverside Hot Treads	18:15 The WOD 18:30 Hot Vinyasa Yoga 18:45 Poweride 19:00 Pulse 19:15 Kettlebells 19:30 Hot Hatha Yoga 20:00 The Method	Louis Sammy Stacey Laura Louis Sammy Laura	Riverside Hot Cycle M&B Riverside Hot M&B	1745 Hardcore Cycle 1820 Method 1825 Lift 1830 Hot Yin Yoga 1920 Pulse 1930 Hot Yin Yoga 1921 The WOD	Elliot Laura Airida Emily Laura Emily Airida	Cycle M&B Riverside Hot M&B Hot Riverside	8:15 WOD 8:45 Speed Fiends 9:00 Dynamic Pilates 9:15 Metaburn 9:30 Hot Vinyasa Yoga 9:45 Sweat X 9:45 Just Ride 10:00 Rehab Pilates 10:15 Lift 10:30 Hot Hatha Yoga 10:45 Just Ride 11:00 Pulse 11:15 Kettlebells	Jermimah Aaron Terry Jermimah Carl Aaron Maria Terry Jermimah Carl Maria Lydia M Aaron	Rig M&B HIIT Hot Treads Cycle M&B HIIT Hot Cycle M&B HIIT
7-45 Hardcore Cycle 8-300 Yin Yoga 8-35 Lift Hot Vinyasa Yoga 8-45 Poweride 9-30 Vinyasa Yoga 9-35 Formula 3 Hot Vinyasa Yoga 9-35 Sweat X 0-35 Kettlebells	Stacey Darvina Aaron Ruben Stacey Darvina Aaron Ruben Jemimah Chris M	Cycle M &B Riverside Hot Cycle M&B Riverside Hot Rig Riverside	17:45 Just Ride 18:00 Hatha Yoga 18:15 The WOD 18:30 Hot Rehab Pilates 18:45 Just Ride 19:00 Classical Pilates 19:15 Kettlebells 19:30 Hot Yin Yoga 19:45 Speed Fiends Method from	Maria Sharon Aaron Jess Maria Sharon Aaron Jess Maria Jenny	Cycle M&B Riverside Hot Cycle M&B Riverside Hot Treads M&B	18:00 Pulse 18:15 Kettlebells 18:30 Hot Vinyasa Yoga 18:30 Wattbike 18:45 Speed Fiends 18:45 Hardcore Cycle 19:00 Dynamic Pilates 19:15 Formula 3 19:30 Hot Yin Yoga 19:45 Sweat X	Debbie Aaron Mahalia Mikey Louis Craig Debbie Aaron Mahalia Louis	M&B Riverside Hot WB Treads Cycle M&B Riverside Hot Treads	18:15 The WOD 18:30 Hot Vinyasa Yoga 18:45 Poweride 19:00 Pulse 19:15 Kettlebells 19:30 Hot Hatha Yoga 20:00 The Method	Louis Sammy Stacey Laura Louis Sammy Laura	Riverside Hot Cycle M&B Riverside Hot M&B	1745 Hardcore Cycle 1820 Method 1825 Lift 1830 Hot Yin Yoga 1920 Pulse 1930 Hot Yin Yoga 1921 The WOD	Elliot Laura Airida Emily Laura Emily Airida	Cycle M&B Riverside Hot M&B Hot Riverside	8:15 WOD 8:45 Speed Fiends 9:00 Dynamic Pilates 9:15 Metaburn 9:30 Hot Vinyasa Yoga 9:45 Sweat X 9:45 Just Ride 10:00 Rehab Pilates 10:15 Lift 10:30 Hot Hatha Yoga 10:45 Just Ride 11:00 Pulse 11:15 Kettlebells 11:30 Hot Dynamic Pilates	Jermimah Aaron Terry Jermimah Carl Aaron Maria Terry Jermimah Carl Maria Lydia M Aaron Carl	Rig M&B HIIT Hot Treads Cycle M&B HIIT Hot Cycle M&B HIIT Hot
7-45 Hardcore Cycle 8-300 Yin Yoga 8-35 Lift Hot Vinyasa Yoga 8-45 Poweride 9-30 Vinyasa Yoga 9-35 Formula 3 Hot Vinyasa Yoga 9-35 Sweat X 0-35 Kettlebells	Stacey Darvina Aaron Ruben Stacey Darvina Aaron Ruben Jemimah Chris M	Cycle M &B Riverside Hot Cycle M&B Riverside Hot Rig Riverside	17:45 Just Ride 18:00 Hatha Yoga 18:15 The WOD 18:30 Hot Rehab Pilates 18:45 Just Ride 19:00 Classical Pilates 19:15 Kettlebells 19:30 Hot Yin Yoga 19:45 Speed Fiends Method from	Maria Sharon Aaron Jess Maria Sharon Aaron Jess Maria Jenny	Cycle M&B Riverside Hot Cycle M&B Riverside Hot Treads M&B	18:00 Pulse 18:15 Kettlebells 18:30 Hot Vinyasa Yoga 18:30 Wattbike 18:45 Speed Fiends 18:45 Hardcore Cycle 19:00 Dynamic Pilates 19:15 Formula 3 19:30 Hot Yin Yoga 19:45 Sweat X	Debbie Aaron Mahalia Mikey Louis Craig Debbie Aaron Mahalia Louis	M&B Riverside Hot WB Treads Cycle M&B Riverside Hot Treads	18:15 The WOD 18:30 Hot Vinyasa Yoga 18:45 Poweride 19:00 Pulse 19:15 Kettlebells 19:30 Hot Hatha Yoga 20:00 The Method	Louis Sammy Stacey Laura Louis Sammy Laura	Riverside Hot Cycle M&B Riverside Hot M&B	1745 Hardcore Cycle 1820 Method 1825 Lift 1830 Hot Yin Yoga 1920 Pulse 1930 Hot Yin Yoga 1921 The WOD	Elliot Laura Airida Emily Laura Emily Airida	Cycle M&B Riverside Hot M&B Hot Riverside	8:15 WOD 8:45 Speed Fiends 9:00 Dynamic Pilates 9:15 Metaburn 9:30 Hot Vinyasa Yoga 9:45 Sweat X 9:45 Just Ride 10:00 Rehab Pilates 10:15 Lift 10:30 Hot Hatha Yoga 10:45 Just Ride 11:00 Pulse 11:15 Kettlebells 11:30 Hot Dynamic Pilates 11:45 Speed Fiends	Jermimah Aaron Terry Jermimah Carl Aaron Maria Terry Jermimah Carl Maria Lydia M Aaron Carl Maria	Rig M&B HIIT Hot Treads Cycle M&B HIIT Hot Cycle M&B HIIT Hot Rig
7-45 Hardcore Cycle 8:00 Yin Yoga 8:15 Lift 8:30 Hot Vinyasa Yoga 8:45 Poweride 9:00 Vinyasa Yoga 9:15 Formula 3 9:30 Hot Vinyasa Yoga 9:45 Sweat X 6:15 Kettlebells	Stacey Darvina Aaron Ruben Stacey Darvina Aaron Ruben Jemimah Chris M	Cycle M &B Riverside Hot Cycle M&B Riverside Hot Rig Riverside	17:45 Just Ride 18:00 Hatha Yoga 18:15 The WOD 18:30 Hot Rehab Pilates 18:45 Just Ride 19:00 Classical Pilates 19:15 Kettlebells 19:30 Hot Yin Yoga 19:45 Speed Fiends Method from	Maria Sharon Aaron Jess Maria Sharon Aaron Jess Maria Jenny	Cycle M&B Riverside Hot Cycle M&B Riverside Hot Treads M&B	18:00 Pulse 18:15 Kettlebells 18:30 Hot Vinyasa Yoga 18:30 Wattbike 18:45 Speed Fiends 18:45 Hardcore Cycle 19:00 Dynamic Pilates 19:15 Formula 3 19:30 Hot Yin Yoga 19:45 Sweat X	Debbie Aaron Mahalia Mikey Louis Craig Debbie Aaron Mahalia Louis	M&B Riverside Hot WB Treads Cycle M&B Riverside Hot Treads	18:15 The WOD 18:30 Hot Vinyasa Yoga 18:45 Poweride 19:00 Pulse 19:15 Kettlebells 19:30 Hot Hatha Yoga 20:00 The Method	Louis Sammy Stacey Laura Louis Sammy Laura	Riverside Hot Cycle M&B Riverside Hot M&B	1745 Hardcore Cycle 1820 Method 1825 Lift 1830 Hot Yin Yoga 1920 Pulse 1930 Hot Yin Yoga 1921 The WOD	Elliot Laura Airida Emily Laura Emily Airida	Cycle M&B Riverside Hot M&B Hot Riverside	8:15 WOD 8:45 Speed Fiends 9:00 Dynamic Pilates 9:15 Metaburn 9:30 Hot Vinyasa Yoga 9:45 Sweat X 9:45 Just Ride 10:00 Rehab Pilates 10:15 Life 10:30 Hot Hatha Yoga 10:45 Just Ride 11:00 Pulse 11:15 Kettlebells 11:30 Hot Dynamic Pilates 11:45 Speed Fiends 12:20 Method	Jermimah Aaron Terry Jermimah Carl Aaron Maria Terry Jermimah Carl Maria Lydia M Aaron Carl Maria	Rig M&B HIIT Hot Treads Cycle M&B HIIT Hot Cycle M&B HIIT Hot Cycle M&B HIIT Hot Rig M&B
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Thursday

Friday

Tuesday

Wednesday



ATHLETIC, TREADMILL & RIG TRAINING

THE WOD/ YARD WOD

Your workout of the day. Expect 'EMOMs' and 'AMRAPs' as standard and be prepared to dig deep and push hard. Combining effective high intensity training and strength work in an encouraging and motivating environment.

FORMULA 3

This is the Formula to get you fit, fast.

A competitive, high intensity circuit with 3 targeted blocks, for a full spectrum workout. First, cardio on Concept2 rowing machines; Second, strength with kettlebells and dumbbells; Finally, athletic power and speed with bodyweight exercises. Get fit in 3... 2... 1.

KETTLEBELLS / YARD KETTLEBELLS

A powerful full body workout that will improve your core strength and give you greater muscular endurance. A range of Kettlebell exercises hit every major muscle, to build power and shred that body fat.

RUN CLUB

Discover the 'power of the pack' and elevate your running ability to its highest level. With all that London's outside environment has to offer, the unique blend of speed and VO2 intervals will provide you with the platform for a new personal best.

STRENGTH & CONDITIONING

LIFT

Build a strong body using heavier weights focusing on form and control. You will be coached through an extended mobility and activation section before starting 3 main blocks of work using heavy kettlebells and dumbbells for 8 to 12 reps per exercise. Improve your technique and leave the class feeling stronger than ever.

FORCE

A music driven barbell and dumbbell class designed to fatigue the whole body through higher repetitions. A great class for those new to weights or experienced lifters who want to feel the burn in a high energy but supported environment.

EXTREME

Train like an athlete in this fast-paced class focusing on speed and agility. A mixture of plyometric, multi-dimensional, sport based exercises using light dumbbells will develop your stability, muscular endurance and overall fitness.

METABURN

A pyramid style, full body metabolic conditioning workout. Dumbbells are used to create a stronger, leaner body focusing on improving your lifting technique whilst high intensity exercises are interspersed to elevate the heart rate. The intensity builds throughout this workout as each set increases with time.

IGA

Legs Glutes and Abs. Working some of the largest muscles in the body to create a high calorie burn. Expect a combination of strength and high intensity explosive exercises, aimed at increasing strength and flexibility to torch fat and sculpt the lower body.

CORE 30/45

A strong and functional core is fundamental for all training. This class uses full body movements in multiple planes to fully engage your core. Building strength, stability and

balance as well as shaping your abdominals.

STUDIO CYCLING

JUST RIDE

This class is designed to improve your cardiovascular fitness with a focus on endurance. Stripping cycling back to its foundations with no additional choreography, no data and no leader boards. All done working to the beat of the music, giving you opportunity to switch off and just ride

HARDCORE CYCLE

The ultimate high intensity interval cycle class. Improve both your anaerobic and aerobic fitness in a time efficient manner and feel the power of the music to help you push your physical and mental limits.

POWERIDE

Poweride is a results orientated, competitive class that uses live visual data to improve your power output. Be guided by the unique colour coaching system to optimize your output. Keep one eye on the leader board to chase down your personal best and to beat the rest of the room.

WATTBIKE

Our Wattbike class replicates a real ride feel and delivers an unrivalled experience. With targeted effective programming and the ability to analyse your technique, it's no wonder it is the choice of champions and endorsed by British cycling. Whether you are a seasoned athlete or complete beginner, maximise your performance and redefine your training.

MIND & BODY

VINYASA YOGA / HOT VINYASA YOGA

A flowing style of yoga that moves fluidly from one pose

to the next using breath. Each teacher has their own style so expect something a little different each time. Vinyasa often moves at a faster pace than some other types of yoga, be ready to work hard and build up a sweat. Leave feeling energised physically, mentally and spiritually from this moving meditation. Regular practice will strengthen and tone muscles and increase flexibility and mobility.

HATHA YOGA / HOT HATHA YOGA

Hatha yoga is slower in pace than vinyasa, with more time spent in each posture. Often these classes will include pranayama or breathing exercises. If you are new to yoga, this is a good place to start as the slower pace allows for more alignment focus and an opportunity to get familiar with the practice.

YIN YOGA/ HOT YIN YOGA

Yin Yoga is slow and meditative. Poses are held for 4-6 minutes for deep stretching of the body's connective tissues and joints.

ROCKET YOGA/ HOT ROCKET YOGA

Based on Ashtanga, Rocket yoga is said to 'get you there faster'. A fast paced, playful class expect to explore arm balances and inversions and tackle some of the more challenging postures. This class isn't suitable for beginners or the faint hearted!

CLASSICAL PILATES / HOT CLASSICAL PILATES

Pilates is a blend of flexibility and strength training which improves posture and form and supports you with training, toning, recovering and in everyday life.

Classical Pilates is based on the original classical mat series 34 exercises as designed by Josef Pilates.

REHAB PILATES / HOT REHAB PILATES

Pilates is a blend of flexibility

and strength training which improves posture and form and supports you with training, toning, recovering and in everyday life.

Rehab Pilates is a slower paced Pilates class where the exercises are taught in more detail with a heavy focus on alignment and the improvement of poor posture.

DYNAMIC PILATES / HOT DYNAMIC PILATES

Pilates is a blend of flexibility and strength training which improves posture and form and supports you with training, toning, recovering and in everyday life.

Dynamic Pilates takes the classical principles and applies them to functional movements to help support correct alignment both in sport and life.

PULSE

"Not just another barre class..."
Set to the beat of the music, this full body workout uses ballet and pilates inspired isometric strength training techniques to build and strengthen long, lean muscles.

EXHALE

A 45 minute mindfulness class to help reset and rebalance through breath-work, movement and meditation.

Learn to slow down the mind with different breathing techniques, slow flow yoga and varying styles of meditation.

THE METHOD

Designed to sculpt and tone the body working the arms, legs, glutes and core through the use of resistance loop bands. Exercises are performed in 3 different tempo variations enabling full muscle fibre recruitment to help strengthen the muscle and improve range of movement. The class ends with an ab blast finisher followed by a deep relaxing stretch.

COMBAT CLASSES

BOXING

Focus on learning proper boxing techniques and drills while working on the punch bag. Improve fitness, power, and endurance while developing boxing skills. Members are kindly requested to bring their own boxing gloves and wraps (these can be purchased at Concierge).

BOXING FDM (Fundamentals)

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KICKBOXING

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SWIM CLASSES

SKILLS & DRILLS

Improve your Front Crawl form and technique with progressive skills and drills for a faster, more effective and efficient swim style.

City Class Schedule

THIRD

SPACE

	Monday				Tuesday					Wednes	lay		Thursday					Friday	Saturday		
6:1	ı5 l	Lift	Lydia A	HIIT	6:15	Formula 3	Chris	HIIT	6:15	Extreme	Jemimah	HIIT	6:15	Extreme	Eve	HIIT	6:15	Metaburn	Lydia A	HIIT	
6:3	o 1	Vinyasa Yoga	Sophie	M&B	6:30	Dynamic Pilates	Amy	M&B	6:30	Hot Hatha Yoga	Sophie	M&B	7:15	Lift	Eve	HIIT	7:15	Lift	Lydia A	HIIT	
7:0	ю І	Boxing	Stefan	Dojo	7:15	Kettlebells	Chris	HIIT	7:00	Boxing	Stefan	Dojo					6:30	Dynamic Pilates	Eve	M&B	
7:1	5 l	Extreme	Lydia A	HIIT	7:30	The Method	Amy	M&B	7:15	Metaburn	Jemimah	HIIT					7:30	Pulse	Eve	M&B	
7:3	o 1	Hatha Yoga	Sophie	M&B	7:45	Poweride	Vicky T	Cycle	7:30	Hot Vinyasa Yoga	Sophie	M&B									
12:	15 l	Boxing	Stefan	Dojo	12:15	Combat Move	Marek	Dojo	12:15	Boxing	Stefan	Dojo	12:15	Force	Eve	HIIT	12:15	Force	Eve	HIIT	
12:	15 l	Formula 3	Matteo	HIIT	12:15	Formula 3	Chris	HIIT	12:15	Metaburn	Vicky T	HIIT	13:15	Sweat X	Eve	Treadmills	12:30	Hot Vinyasa Yoga	Liz	M&B	
127	30 l	Hot Vinyasa Yoga	Sophie	M&B	12:30	Hot Hatha Yoga	Liz	M&B	12:30	Hot Yin Yoga	Louise	M&B									
13:1	15	Sweat X	Matteo	Treadmills	13:15	Speed Fiends	Chris	Treadmills	13:15	Hardcore Cycle	Vicky T	Cycle									
																					Sunday
173	30 l	Kettlebells	Claire W	HIIT	17:30	Formula 3	Claire W	HIIT	17:30	Lift	Eve	HIIT	17:30	Metaburn	Emily M	HIIT	17:30	Extreme	Emily M	HIIT	
183	30 1	Metaburn	Claire W	HIIT	17:30	Pulse	Amy	M&B	17:30	Hot Vinyasa Yoga	Louise	M&B	17:30	Vinyasa Yoga	Lydia L	M&B	18:30	Metaburn	Emily M	HIIT	
18:5	30 l	Dynamic Pilates	Amy	M&B	18:30	The WOD	Claire W	HIIT	18:30	Metaburn	Eve	HIIT	18:00	Combat Move	Marek	Dojo					
									18:30	Hot Hatha Yoga	Louise	M&B	18:30	Extreme	Emily M	HIIT					

ATHLETIC, TREADMILL & RIG TRAINING

THE WOD/ YARD WOD

Your workout of the day. Expect 'EMOMs' and 'AMRAPs' as standard and be prepared to dig deep and push hard. Combining effective high intensity training and strength work in an encouraging and motivating environment.

FORMULA 3

This is the Formula to get you fit, fast.

A competitive, high intensity circuit with 3 targeted blocks, for a full spectrum workout. First, cardio on Concept2 rowing machines; Second, strength with kettlebells and dumbbells; Finally, athletic power and speed with bodyweight exercises. Get fit in 3... 2... 1.

KETTLEBELLS / YARD KETTLEBELLS

A powerful full body workout that will improve your core strength and give you greater muscular endurance. A range of Kettlebell exercises hit every major muscle, to build power and shred that body fat.

RUN CLUB

Discover the 'power of the pack' and elevate your running ability to its highest level. With all that London's outside environment has to offer, the unique blend of speed and VO2 intervals will provide you with the platform for a new personal best.

STRENGTH & CONDITIONING

LIFT

Build a strong body using heavier weights focusing on form and control. You will be coached through an extended mobility and activation section before starting 3 main blocks of work using heavy kettlebells and dumbbells for 8 to 12 reps per exercise. Improve your technique and leave the class feeling stronger than ever.

FORCE

A music driven barbell and dumbbell class designed to fatigue the whole body through higher repetitions. A great class for those new to weights or experienced lifters who want to feel the burn in a high energy but supported environment.

EXTREME

Train like an athlete in this fast-paced class focusing on speed and agility. A mixture of plyometric, multi-dimensional, sport based exercises using light dumbbells will develop your stability, muscular endurance and overall fitness.

METABURN

A pyramid style, full body metabolic conditioning workout. Dumbbells are used to create a stronger, leaner body focusing on improving your lifting technique whilst high intensity exercises are interspersed to elevate the heart rate. The intensity builds throughout this workout as each set increases with time.

IGA

Legs Glutes and Abs. Working some of the largest muscles in the body to create a high calorie burn. Expect a combination of strength and high intensity explosive exercises, aimed at increasing strength and flexibility to torch fat and sculpt the lower body.

CORE 30/45

A strong and functional core is fundamental for all training. This class uses full body movements in multiple planes to fully engage your core. Building strength, stability and

balance as well as shaping your abdominals.

STUDIO CYCLING

JUST RIDE

This class is designed to improve your cardiovascular fitness with a focus on endurance. Stripping cycling back to its foundations with no additional choreography, no data and no leader boards. All done working to the beat of the music, giving you opportunity to switch off and just ride

HARDCORE CYCLE

The ultimate high intensity interval cycle class. Improve both your anaerobic and aerobic fitness in a time efficient manner and feel the power of the music to help you push your physical and mental limits.

POWERIDE

Poweride is a results orientated, competitive class that uses live visual data to improve your power output. Be guided by the unique colour coaching system to optimize your output. Keep one eye on the leader board to chase down your personal best and to beat the rest of the room.

WATTBIKE

Our Wattbike class replicates a real ride feel and delivers an unrivalled experience. With targeted effective programming and the ability to analyse your technique, it's no wonder it is the choice of champions and endorsed by British cycling. Whether you are a seasoned athlete or complete beginner, maximise your performance and redefine your training.

MIND & BODY

VINYASA YOGA / HOT VINYASA YOGA

A flowing style of yoga that moves fluidly from one pose

to the next using breath. Each teacher has their own style so expect something a little different each time. Vinyasa often moves at a faster pace than some other types of yoga, be ready to work hard and build up a sweat. Leave feeling energised physically, mentally and spiritually from this moving meditation. Regular practice will strengthen and tone muscles and increase flexibility and mobility.

HATHA YOGA / HOT HATHA YOGA

Hatha yoga is slower in pace than vinyasa, with more time spent in each posture. Often these classes will include pranayama or breathing exercises. If you are new to yoga, this is a good place to start as the slower pace allows for more alignment focus and an opportunity to get familiar with the practice.

YIN YOGA/ HOT YIN YOGA

Yin Yoga is slow and meditative. Poses are held for 4-6 minutes for deep stretching of the body's connective tissues and joints.

ROCKET YOGA/ HOT ROCKET YOGA

Based on Ashtanga, Rocket yoga is said to 'get you there faster'. A fast paced, playful class expect to explore arm balances and inversions and tackle some of the more challenging postures. This class isn't suitable for beginners or the faint hearted!

CLASSICAL PILATES / HOT CLASSICAL PILATES

Pilates is a blend of flexibility and strength training which improves posture and form and supports you with training, toning, recovering and in everyday life.

Classical Pilates is based on the original classical mat series 34 exercises as designed by Josef Pilates.

REHAB PILATES / HOT REHAB PILATES

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and strength training which improves posture and form and supports you with training, toning, recovering and in everyday life.

Rehab Pilates is a slower paced Pilates class where the exercises are taught in more detail with a heavy focus on alignment and the improvement of poor posture.

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