

City
Class Schedule
July - September
2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
6:30-7:15 Rig 6:30-7:15 Mind & Body 6:40-7:25 HIIT 6:45-7:30 Dojo 7:30-8:15 Cycle 7:30-8:15 Mind & Body 7:35-8:20 HIIT Studio 7:35-8:20 Treadmills 7:45-8:30 Rig 8:25-8:55 Dojo	AFTERBURNER Will J VINYASA YOGA Ashley A LIFT Eve BOXING Andy POWERIDE Will J DYNAMIC PILATES Karen THE METHOD Emma SPEED FIENDS Eve P KETTLEBELLS Andy CORE 30 Eve	6:30-6:45 Cycle 6:30-7:15 Rig 6:30-7:15 HIIT 6:30-7:30 Mind & Body 7:00-7:45 Dojo 7:30-8:15 HIIT 7:30-8:15 Cycle 7:45-8:30 Rig 7:45-8:45 Mind & Body 8:20-9:05 HIIT	PERFORMANCE CYCLE Stacey SWEAT X Stevie METABURN Danny HOT HATHA YOGA Danielle BRAZILIAN JIU JITSU Marek FORMULA 3 Danny HARDCORE CYCLE Stacey KETTLEBELLS 45 Stevie HOT VINYASA YOGA Danielle FORMULA 3 Danny	6:30-7:10 HIIT Studio 6:30-7:15 Cyle 6:45-7:30 Mind & Body 7:00-7:45 Dojo 7:25-8:10 Rig 7:30-8:15 Cycle 7:30-8:15 HIIT Studio 7:45-8:30 Mind & Body 8:15-9:00 Treadmills 8:25-9:10 Treadmills	WOD CHIPPER Joe POWERIDE Joe H HATHA YOGA Louise BOXING Andy AFTERBURNER Joe JUST RIDE Joe H METABURN Shinead THE METHOD Amy SPEED FIENDS Joe ULTRA SHOCK CIRCUIT Joe H	6:30-7:25 HIIT Studio 6:45-7:30 Mind & Body 7:00-7:45 Rig 7:30-8:15 Cycle 7:45-8:30 HIIT Studio 7:45-8:45 Mind & Body 7:50-8:35 Rig	THE WOD Danny DYNAMIC PILATES Deborah KETTLEBELLS 45 Will T POWERIDE Danny FORCE Clare R HOT HATHA YOGA Louise SWEAT X Charlie E	6:30-7:15 Rig 6:45-7:30 HIIT Studio 6:45-7:30 Mind & Body 7:30-8:15 Cycle 7:30-8:15 Rig 7:45-8:40 HIIT Studio 7:45-8:30 Mind & Body 8:20-8:50 Rig	SPEED FIENDS Callum EXTREME Kate VINYASA YOGA Lydia HARDCORE CYCLE Chris S AFTERBURNER Callum FORMULA 3 Kate DYNAMIC PILATES Fallon CORE 30 Callum	10:00-10:55 Mind & Body 10:00-10:45 Rig 11:00-11:45 Cycle 11:00-11:45 Treadmills 11:00-11:45 HIIT Studio 11:15-12:15 Mind & Body 12:00-12:45 Cycle 12:00-12:45 HIIT Studio 12:30-13:15 Rig 13:00-14:00 Mind & Body 13:30-14:25 HIIT Studio 14:15-15:15 Mind & Body 15:30 to 16:30 Mind & Body	PULSE Emily W AFTERBURNER Joe H JUST RIDE Joe H SPEED FIENDS Charlie E METABURN Janine EXHALE Emily W POWERIDE Will J LEGS, GLUTES, ABS Janine SWEAT X Danny DYNAMIC PILATES Vivianne THE WOD Danny VINYASA YOGA Miranda YIN YOGA Miranda
12:05-13:00 Mind & Body 12:05-12:50 HIIT 12:15-13:00 Rig 12:15-13:00 Dojo 13:05-13:50 Cycle 13:10-13:55 HIIT 13:15-14:00 Dojo 13:15-14:00 Rig 13:15-14:00 Mind & Body 14:00-14:30 Rig 16:00-16:45 Mind & Body 16:30-17:15 HIIT	PULSE Clare W LEGS, GLUTES, ABS Eve SWEAT X Joe BRAZILIAN JIU JITSU Marek JUST RIDE Eve EXTREME Shinead KICKBOXING Paul KETTLEBELLS Joe HATHA YOGA Clare W CORE 30 Eve VINYASA YOGA Lydia FORMULA 3 Danny	12:05-12:50 HIIT 12:05-12:50 Rig 12:15-13:00 Cycle 12:30-12:45 Treadmills 12:30-13:15 Mind & Body 13:10-13:50 HIIT 13:10-13:55 Cycle 13:15-14:00 Rig 13:30-14:15 Mind & Body 14:00-14:30 Dojo 16:00-17:00 Mind & Body 16:30-17:15 HIIT Studio	FORCE Eve TRX MAX Joe PERFORMANCE CYCLE Stacey SPEED FIENDS Will J HOT HATHA YOGA Liz WOD CHIPPER Joe POWERIDE Eve AFTERBURNER Danny HOT CLASSICAL PILATES Liz CORE 30 Eve YIN YOGA Emily METABURN Shinead	12:05-12:50 Rig 12:15-13:00 Mind & Body 12:10-12:55 HIIT Studio 12:30-13:15 Dojo 13:05-13:50 Cycle 13:10-13:55 Rig 13:15-14:00 HIIT 13:15-14:00 Mind & Body 14:00-14:30 Rig 16:00-16:45 Mind & Body 16:30-17:00 Cycle	SWEAT X Eve REHAB PILATES Deborah LIFT Joe BOXING Danny POWERIDE Eve AFTERBURNER Joe METABURN Janine EXHALE Louise KETTLEBELLS 30 Joe DYNAMIC PILATES Fallon LIFT Eve	12:10-12:55 Rig 12:15-13:00 HIIT Studio 12:15-13:00 Mind & Body 12:10-12:55 Cycle 13:00-13:45 Cycle 13:10-14:05 HIIT Studio 13:10-13:55 Treadmills 13:15-14:00 Mind & Body 13:15:14:00 Dojo 16:30-17:15 HIIT	AFTERBURNER Joe LEGS, GLUTES, ABS Andy M VINYASA YOGA David HARDCORE CYCLE Danny PERFORMANCE CYCLE Stacey THE WOD Joe SPEED FIENDS Danny HATHA YOGA David BOXING Andy EXTREME Clare R	12:10-12:55 Cycle 12:15-13:00 HIIT 12:15-13:00 Mind & Body 12:15-13:00 Rig 12:30-13:15 Dojo 13:15-14:00 HIIT Studio 13:10-13:55 Rig 13:15-14:30 Mind & Body	REPS & REVS Eve P EXTREME Janine HOT HATHA YOGA Emily W KETTLEBELLS Danny BOXING Will T LIFT Janine SWEAT X Eve HOT VINYASA YOGA Emily W		
17:00-17:45 Mind & Body 17:30-18:15 HIIT 17:30-18:00 Dojo 18:00-18:45 Cycle 18:00-19:00 Mind & Body 18:15-19:00 Dojo 18:20-19:15 HIIT 18:30-19:15 Rig 19:00-19:45 Cycle 19:15 - 20:15 Mind & Body 19:30-20:15 Rig 19:30-20:15 HIIT	HOT HATHA YOGA Lydia METABURN Shinead CORE 30 Joe POWERIDE Channah HOT VINYASA YOGA Lydia BOXING Will T FORMULA 3 Joe SWEAT X Sally HARDCORE CYCLE Channah HOT DYNAMIC PILATES Fallon KETTLEBELLS Joe LEGS GLUTES ABS Sally	17:30-18:15 Mind & Body 17:45-18:30 Rig 17:45-18:30 Cycle 17:45-18:30 HIIT Studio 18:15-19:00 Dojo 18:30-19:30 Mind & Body 18:40-18:25 HIIT Studio 18:45-19:30 Rig 18:40-19:25 Cycle 19:20-20:05 Dojo 19:30-20:00 HIIT Studio 19:45-20:45 Mind & Body	PULSE 45 Eve SWEAT X Danny POWERIDE Stuart EXTREME Shinead BOXING Will T VINYASA YOGA Louise LIFT Andy M KETTLEBELLS Danny JUST RIDE Eve KICKBOXING Will T CORE 30 Eve HATHA YOGA Louise	17:30-18:00 HIIT Studio 17:45-18:30 Rig 17:00-17:45 Mind & Body 18:00-18:45 Mind & Body 18:00-18:45 Dojo 18:15-19:00 HIIT Studio 18:30-19:15 Cycle 19:00-19:45 Rig 19:00-20:00 Mind & Body 19:15-20:00 Treadmills 19:15-20:10 HIIT Studio	CORE 30 Eve AFTERBURNER Daisy W VINYASA YOGA Clare W PULSE 45 Clare W BRAZILIAN JIU JITSU Marek FORCE Eve HARDCORECYCLE Will J KETTLEBELLS Will T YIN YOGA Clare W SPEED FIENDS Eve P FORMULA 3 Daisy W	17:30-18:15 Rig 17:30-18:15 HIIT Studio 17:30-18:15 Cycle 17:45-18:45 Mind & Body 17:45-18:45 Dojo 18:30-19:15 HIIT Studio 18:30-19:15 Rig 18:30-19:15 Cycle 18:50-19:35 Dojo 19:00-20:00 Mind & Body 19:20-20:05 Treadmills	SWEAT X Joe FORCE Clare R POWERIDE Stacey HOT VINYASA YOGA Richard THAI BOXING Paul F.I.T JAM DANCE Faye AFTERBURNER Joe HARDCORE CYCLE Stacey BRAZILIAN JIU JITSU Marek HOT HATHA YOGA Richard T SPEED FIENDS Joe	17:15-18:00 HIIT 17:30-18:15 Mind & Body 18:00-18:55 HIIT Studio 18:10-18:55 Cycle 18:30-19:30 Mind & Body 19:00-19:30 Rig	POWERIDE Eve CLASSICAL PILATES Vivianne THE WOD Sandor SPEED FIENDS Eve YIN YOGA Dojo CORE 30 Eve	9:45-10:40 Mind & Body 10:00-10:45 HIIT Studio 11:00-11:45 HIIT 11:00-11:45 Cycle 11:00-11:45 Rig 11:00-12:00 Mind & Body 12:15-13:00 Rig 12:00-12:45 HIIT 12:00-12:45 Cycle 12:30-13:30 Mind & Body 13:15-14:10 HIIT Studio 13:30-14:15 Rig 13:45-14:45 Mind & Body 15:00-16:00 Mind & Body	PULSE Stephanie LIFT Clare R THE METHOD Shoshi HARDCORE CYCLE Stephanie AFTERBURNER Sandor REHAB PILATES Fallon SWEAT X Sandor FORCE Clare R POWERIDE Will J HATHA YOGA Lydia FORMULA 3 Will J KETTLEBELLS Sandor VINYASA YOGA Lydia EXHALE Lydia

**THIRD
SPACE**

City

Class descriptions

ATHLETIC, TREADMILL & RIG TRAINING

SPEED FIENDS

No more pounding the treadmill for hours, get a lean and toned body fast! This class, designed in collaboration with an Olympic sprinter, will improve speed and power. Sections of progressive running interspersed with sprint intervals and inclines will torch calories working the whole body.

AFTERBURNER

Need to add some variety into your workouts? Welcome to the Rig. The exercises you can do on the equipment in the functional training Rig area are limitless. Get ready to use TRX training, Plyo boxes, kettle bells and body weight exercises for this high intensity interval class that leaves you burning fat for hours.

SWEAT X

The most effective way to define and sculpt your body. 20-25 mins interval training on the treadmill combined with 20-25 mins of conditioning work using hand weights and dip bars to give the maximum fat burn torching up to 1000 calories.

THE 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.

THE WOD CHIPPER

Welcome to The WOD's evil twin. This class replicates Third Space's toughest class, but always comes at you in one format - a Chipper session. A high volume of exercises in a series that you must 'chip' away at until you're finished or the clock hits zero. Programming changes weekly so take on the deadly Chipper more than once in a week to see if you can

beat your time. Bring a sweat towel and a tough resolve! Take your class to the next level with MyZone fitness tracking technology. View your effort live on your smartphone or on our in club TV screens and compete against the class or your previous best.

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.

TRX FIT

Looking for a perfect blend of strength and cardio? TRX Fit addresses the foundations of improving your cardio, building muscular endurance, and promoting weight loss. You'll experience endurance rounds, and "heart thumping" cardio challenges. This quintessential TRX experience will lead you down the road to your best all-round fitness.

TRX Max

Using a range of TRX exercises in a high energy circuit to work your whole body including firing up your core.

KETTLEBELLS

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

STRENGTH & CONDITIONING

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.

LIFT

Create a strong, athletic and powerful body using heavier weights than any other class. You will be coached to improve your form and technique whilst you sculpt your body and leave the class feeling stronger and more powerful than ever.

FORCE

A music driven high repetition, low weight barbell and dumbbell class combining functional movements with cardio bodyweight exercise. Beginners through to the more experienced will benefit from a high calorie burn and strength gains in a high energy and immersive environment.

EXTREME

Push yourself to the limits. Get lean, get strong, and get fit with guaranteed results. A mobility warm up is followed by 4 sets of 4 exercises using light dumbbells and 1 minute extreme plyometric power intervals.

METABURN

This high-intensity metabolic conditioning workout using a mix of weighted upper body and lower body exercises combined with cardio intervals for a super-toned body. Building up to 7 exercises or eliminating back down to build a lean and strong physique. Burn it, firm it.

LEGS, GLUTES & ABS

Tone up, firm up, and burn fat for a lean and strong lower body and abs.

CORE 30

Don't expect to just lie on the floor in this class. If you want to improve your core strength and posture and look your AB-solute

best this focused workout does just that.

STUDIO CYCLING

JUST RIDE

Switch off. Just Ride. Tempo cardio intervals with climbs and sprints. Lose yourself in the music.

HARDCORE CYCLE

Push yourself to the max and feel the benefits. Taking on sprints and hills get ready for anaerobic attacks for a guaranteed heart pounding euphoric feeling.

POWERIDE

KNOWLEDGE IS POWER Poweride is a competitive group cycle class that uses live visual data to encourage maximum effort. Chase down your PB, chase down the best in the room.

MIND & BODY

VINYASA YOGA / HOT VINYASA YOGA

Athletic vinyasa practice; dynamic, physically and spiritually energizing form of yoga that sculpts bones and tones every muscle in the body. Yoga techniques characterized by flowing poses and sequences that are linked to the breath.

HATHA YOGA / HOT HATHA YOGA

Using postures and conscious breathing in combination with mental focus to develop awareness, strength, flexibility and relaxation. Through proper alignment and mindful actions of the body, Hatha Yoga brings balance, strength and a sense of well-being.

YIN YOGA

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

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

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 60 minute mindfulness class to help reset and rebalance through breath-work, movement and meditation. Learn to slow down the mind with different breathing techniques, hatha flow yoga and varying styles of meditation.

COMBAT CLASSES

BOXING

Learn how to box with a combination of pad work, cardio drills and body resistance fitness. Please bring your wraps or purchase them at reception.

KICKBOXING

Perfect your punching and kicking techniques and improve your overall fitness in this class.

THAI BOXING (Muay Thai)

Muay Thai or Thai Boxing is the national sport and cultural martial art of Thailand. This form is an intense conditioning full-body workout, focusing largely on the technical aspect of the martial art.

BRAZILIAN JIU JITSU

Jiu Jitsu is a grappling based martial art with the goal of using leverage and skill to subdue and submit an opponent. Please note that this class is for those with no previous grappling experience and will cover all the basic principles of Jiu Jitsu with an emphasis on fun and enjoyment. GI and No GI welcome. Both boys & girls welcome!

DANCE

F.I.T JAM DANCE

A fun high energy dance fitness concept, learning easy to follow choreography to a selection of music genres such as dancehall, afro beats, house, commercial and more. The add on structure of moves are clearly broken down stage by stage making it suitable for all levels including beginners. A cardio class that is all about the fun factor!