ATHLETIC, TREADMILL & RIG TRAINING

SPEED FRIENDS
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, kettlebells and body exercises for this high intensity interval class that leaves you burning fat for hours.

RIG FIT
Functional training using the Rig and body weight exercises. This class will work your strength and core stability and get you seriously fit in no time.

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 a 1 minute extreme plyometric power intervals.

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 dumbbells and body weights to give the maximum fat burn torching up to 1000 calories.

CALISTHENICS
Before the invention of machines, barbells, and bench presses, mankind was getting strong and ripped using nothing more for resistance than bodyweight. Calisthenics celebrates movements that used the whole body coherently, rather than attempting to isolate small body parts one at a time. Famous for pull ups, muscle ups, bar lever, and the human flag.

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.

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 Concepta rowing machines; Second, strength with kettlebells and dumbbells; Finally, athletic power and speed with bodyweight exercises. Get fit in 3, 2, 1...

YARD WOD
Conquer brutal AMRAPs and Max Calorie efforts in London's greatest functional playground. 5 teams working across 5 zones using AirBikes, Rowerex, Plyo Boxes - the works.

YARD CIRCUITS
Our signature conditioning circuit brings all the toys to the Yard. 8 people working across 20 stations, a stellar soundtrack - this is the one to up your weekend. First come, first served - arrive early to secure your wrist band in The Yard!

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
CORE & 30
This class is all about building to the floor in this class. If you want to improve your core strength and posture look your AP-sleuth best this focused workout does just that.

LEGS, GLUTES & ABS
20 mins in a row, and burn fat for a lean and strong lower body and abs.

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.

YARD STRONG
Strongman challenges in a stadium atmosphere: it’s a strength class like no other. Expect leg bars, farmer carries and more across so stations. You’ll beblast beyond comfort zones and feel like a champion.

LIFT
Create a strong, athletic and powerful body using lower weights then 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. A high and variable intensity interval training with short breaks between each station of metabolic boosting exercises with a few added cardio “shock” thrown in. Expect a range of exercises and equipment to work every muscle in your body.

ULTRA SHOCK CIRCUIT
Plato’s 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 Joseph Pilates.

CLASSICAL PILATES
Plato’s 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 Plato classes where the exercises are taught in more detail with a focus on alignment and the improvement of poor posture.

DYNAMIC PILATES
Plato’s blend of flexibility and strength training which improves posture and form and supports you with training, toning, recovering and in everyday life. Platinum Pilates takes the classical principles and applies them to functional movements to help support correct alignment both in sport and life.

CORE & 15
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.

STUDIO CYCLING
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.

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 five visual data to encourage maximum effort. Chase down your PB, chase down the best in the music.

BARRE BURN
Barre inspired movements help create a long, lean body. Conditioning and core is the focus. Feel the burn, see the results.

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.

MEDITATION
This class is for everyone to enjoy. It is a fusion of stylized dance and exercise to music that enables you to learn a dance routine easily. All set to the latest and hottest beats of House music.

STREET DANCE
Let it all go, lose yourself in the music and feel like a superstar. Learn some urban moves to take you from the studio to the club. No dance experience needed.

DANCE-FIT
High intensity cardio dance class open to all levels of fitness and dance.

SPECIALIST & POOL

AQUA-FIT
A circuit boot camp class in the water. Use the resistance of the water to work harder on your muscles.

AGE ACTIVE
This form is an intense conditioning workout uses ballet and pilates inspired movements to help support correct alignment both in sport and life.

SWIMMCLASS
This swimming session is for those who are looking to further improve or develop the fundamentals of the stroke swimming training. Sessions can be catered from development to training level.

ANTENATAL YOGA
A class tailor made for pregnancy, using all the traditional principles of yoga.

TRIATHLON SWIM
Whether you are prepping for a triathlon or interested in low impact endurance training this swim class will deliver. Progressive drills and transition sets combined with analysis of your stroke technique, body position and breathing, will get you swim fit.

YOGA CLASS DESCRIPTIONS

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