<table>
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<th>Monday</th>
<th>Tuesday</th>
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<tr>
<td><strong>6:20-7:20</strong> HOT VINYASA YOGA Teresa</td>
<td><strong>12:00-12:45</strong> HOT VINYASA YOGA</td>
<td><strong>6:20-7:20</strong> HOT VINYASA YOGA Annie</td>
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ATHLETIC, TREADMILL & RIG TRAINING

AFTERBURNER
Need to add some variety into your workouts? 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.

EXTREME
Train like an athlete in this fast paced class focusing on speed, agility and quickness. Training with bodyweight and light dumbbells, elevate your fitness to the next level with minimum rest for maximum results.

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.

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.

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.

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.

FORCE & CONDITIONING

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

STUDIO CYCLING

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

VARA PILATES
Specifically for both post and pre natal. Antenatal Pilates will support you through rebuilding core, back and pelvic strength that is safely adapted to you.

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.

F.I.T JAM DANCE
An endorphin releasing dance class where you will learn easy to follow choreographed routines to a variety of high energy music including: House, Garage, Urban and Commercial genres. Suitable for all levels including beginners.

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.

YOGA
Yoga is a blend of flexibility and strength training which improves posture and form and assists 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.

DANCE

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.

REHAB PILATES
Pilates is a blend of flexibility and strength training which improves posture and form and assists 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.

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
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An endorphin releasing dance class where you will learn easy to follow choreographed routines to a variety of high energy music including: House, Garage, Urban and Commercial genres. Suitable for all levels including beginners.

CONTRACT CLASSES

SKILLS & DRILLS
A front crawl focused session with varying skills and drills concentrating on the 'catch', 'push', 'pull' and 'recovery' elements of the stroke. Our expert coaches will enhance your overall technique for a faster, more effective and efficient swim style.

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