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<td>CLASSICAL PILATES</td>
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**Marylebone Class Schedule January - March 2020**

**THIRD SPACE**

**Bulstrode**

- Marylebone
- Functional Area
- Functional Zone
- Rig/Tread
- Pool
- Cycle Space

**Shoshi**

- Bulstrode
- Functional Area
- Functional Zone
- Rig/Tread
- Pool
- Cycle Space

**Stephanie**

- Bulstrode
- Functional Area
- Functional Zone
- Rig/Tread
- Pool
- Cycle Space

**Sasha**

- Bulstrode
- Functional Area
- Functional Zone
- Rig/Tread
- Pool
- Cycle Space

**Julie**

- Bulstrode
- Functional Area
- Functional Zone
- Rig/Tread
- Pool
- Cycle Space

**Teresa**

- Bulstrode
- Functional Area
- Functional Zone
- Rig/Tread
- Pool
- Cycle Space

**Terry**

- Bulstrode
- Functional Area
- Functional Zone
- Rig/Tread
- Pool
- Cycle Space

**Katie**

- Bulstrode
- Functional Area
- Functional Zone
- Rig/Tread
- Pool
- Cycle Space

**Annelies**

- Bulstrode
- Functional Area
- Functional Zone
- Rig/Tread
- Pool
- Cycle Space

**Charm**

- Bulstrode
- Functional Area
- Functional Zone
- Rig/Tread
- Pool
- Cycle Space

**Georgia**

- Bulstrode
- Functional Area
- Functional Zone
- Rig/Tread
- Pool
- Cycle Space

**Richard**

- Bulstrode
- Functional Area
- Functional Zone
- Rig/Tread
- Pool
- Cycle Space

**Vinna**

- Bulstrode
- Functional Area
- Functional Zone
- Rig/Tread
- Pool
- Cycle Space

**David**

- Bulstrode
- Functional Area
- Functional Zone
- Rig/Tread
- Pool
- Cycle Space
**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, Phyo 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 2000 calories.

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

**The Wod**
Your workout of the day. Expect ‘EMOs’ 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 4 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.

**Strength & Conditioning**

**Metaburn**
A pyramid style, full body metabolic conditioning workout. Strengthen your body using resistance exercises interspersed with high intensity plyometric moves, building intensity throughout the workout. A pyramid style, full body metabolic conditioning workout. Strengthen your body using resistance exercises interspersed with high intensity plyometric moves, building intensity throughout the workout.

**Trx Strong**
This class will push you to new levels of strength using the TRX suspension trainer and your own body weight. Be ready to “feel the burn” as you power through multiple sets of high tension loads in this time-based workout that features intense and challenging advanced strength exercises.

**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.

**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.

**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.

**Legs, Glutes & Abs**
Tone up, firm up, 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.

**Watt Bike Sprints**
The Watt Bike is the most advanced indoor bike with cutting edge digital technology designed solely to maximise your performance. Challenge yourself with a series of gruelling, all out, high intensity sprints designed to challenge your lactic threshold and push you to your limit.

**Watt Bike**
The Watt Bike is the most advanced indoor bike with cutting edge digital technology designed solely to maximise your performance. These small group classes run through a variety of training programs to suit all fitness levels. Challenge yourself over a series of gruelling intervals and sprints, take on the mountain and analyse your technique. Redefine your training!

**Watt Bike**
When it comes to getting into shape, there’s no substitute for hard work. And with the Watt Bike, you’ll be getting it in a big way. The Watt Bike is the most advanced indoor bike with cutting edge digital technology designed solely to maximise your performance. These small group classes run through a variety of training programs to suit all fitness levels. Challenge yourself over a series of gruelling intervals and sprints, take on the mountain and analyse your technique. Redefine your training!

**Mind & Body**

**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**
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.

**Cycling**

**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.

**Meditation**
This class is a simple yet profound practice to meditation. Switch off and de-stress.

**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.

**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.

**Stretch**
From gentle mobility to effective core training. The class focuses on deep and beneficial stretching. Ideal after a hard training session or hectic day.

**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.

**Pool**
A circuit boot camp class in the water. Use the resistance of the water to work harder on your muscles.

**Combat**

**Boxing**
Learn the basics of boxing or improve your technique. 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).

**Boxology**
Learn the science of boxing with technical boxing, pad and bag drills, aligned with body weight movement exercises to improve your fitness and strength. Please bring your hand wraps 3.5 meters or purchase them at concierge.