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<td>07:15</td>
<td><strong>SPEED FIENDS</strong>&lt;br&gt;Wattbikes&lt;br&gt;Brewer Liz&lt;br&gt;06:45-07:30&lt;br&gt;&lt;br&gt;<strong>POWDERIE</strong>&lt;br&gt;Treadmills&lt;br&gt;Dojo Alex&lt;br&gt;07:00-07:45&lt;br&gt;&lt;br&gt;<strong>HYPNOSE Chamber</strong>&lt;brURRENT&lt;br&gt;07:15-07:45&lt;br&gt;&lt;br&gt;<strong>POWDERIE</strong>&lt;br&gt;Rig/Treadmills&lt;br&gt;Chris&lt;br&gt;07:30-08:15&lt;br&gt;&lt;br&gt;<strong>INTERMEDIATE</strong>&lt;br&gt;Wattbikes&lt;br&gt;Brewer Liz&lt;br&gt;07:45-08:30</td>
<td><strong>HOT YIN YOGA</strong>&lt;br&gt;Shrewsbury&lt;br&gt;11:00-11:45&lt;br&gt;&lt;br&gt;<strong>THE WOD</strong>&lt;br&gt;Brewer James&lt;br&gt;11:00-11:45&lt;br&gt;&lt;br&gt;<strong>HYPNOSE Chamber</strong>&lt;br&gt;Richie&lt;br&gt;11:15-11:45&lt;br&gt;&lt;br&gt;<strong>ANTENATAL YOGA</strong>&lt;br&gt;Brewer Liz&lt;br&gt;11:30-12:15&lt;br&gt;&lt;br&gt;<strong>POWDERIE</strong>&lt;br&gt;Treadmills&lt;br&gt;Alex&lt;br&gt;11:45-12:30</td>
<td><strong>VINYASA YOGA</strong>&lt;br&gt;Shrewsbury&lt;br&gt;07:00-07:45</td>
<td><strong>DYNAMIC PILATES</strong>&lt;br&gt;Pool&lt;br&gt;Ashley&lt;br&gt;08:00-08:45</td>
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*Note: Some times may overlap. Please check with the respective instructors for availability.*
ATHLETIC, TREADMILL & RIG TRAINING

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.

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 3000 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.

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 machine; Second, strength with kettlebells and dumbbells; Finally, athletic power and speed with weight exercises. Get fit in 3… 2… 1.

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.

CORE 15 & 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 ABS-solutely 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.

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.

STUDIO CYCLING

REPS & REV CYCLE
A full body workout on a bike, ride to the beat and enjoy yourself so much you forget you are working out. A variety of remixed dance tracks choreographed to exhilarate and challenge combined with an upper body workout using hand weights.

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.

CORE 15 & 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 ABS-solutely best this focused workout does just that.

POWERIDE
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
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.

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
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
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.

BARRE BURN
Ballet-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.

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

COMBAT CLASSES

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

BOXOLOGY
This class uses progressive boxing technique training to bring out the Champion in you. This class is for all levels. Please note that you will need to bring your own Wraps - these can be purchased at Concorde.

BOXOLOGY SPARRING
Invitation only class as this is an advanced class due to the sparring element. It is an ideal class for those who are having a white collar fight or want to improve their boxing sparring skills. You must have done Boxology classes previously and been invited by Cathy or Greg.

BITCH BOXING
Exclusive to Soho this is a boxing class strictly for women! With our very own and the original Cathy “The Bitch” Brown. Covering everything from how to throw a good punch to how to duck one! Get confident using the pads and leave the class feeling fighting fit! Please bring your own Wraps as these are mandatory for this class.

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.

DANCE

URBAN DANCE
This is a class for everyone to enjoy. It is a fusion of stylised 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.

SPECIALIST & POOL

SWIMCAMP
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.