

THIRD SPACE FITSTIVAL

**TOWER BRIDGE
MAY-AUG 2018**

Join us for a series of complimentary outdoor classes bringing the best of Third Space outdoors. From Pulse, our new barre concept, to signature classes The WOD, Metaburn as well as circuits and classic Hatha yoga. There is something for everyone.

	Date	Time	Venue	Instructor
Ultra Shock Circuit <small>High intensity interval training with short breaks between each station of metabolic boosting exercises with a few added cardio "shocks" thrown in.</small>	Thur 5 July	07.00-08.00	The Scoop	Faye
	Thur 12 July	07.00-08.00	The Scoop	Faye
	Thur 19 July	07.00-08.00	The Scoop	Faye
	Thur 26 July	07.00-08.00	The Scoop	Faye

Pulse <small>This full body workout uses ballet and pilates inspired isometric strength training techniques to build and strengthen long, lean muscles.</small>	Tue 15 May	07.00-08.00	Hays Galleria	Clare
	Tue 22 May	07.00-08.00	Hays Galleria	Clare
	Tue 29 May	07.00-08.00	Hays Galleria	Clare
	Wed 6 June	07.00-08.00	Hays Galleria	Clare
	Wed 13 June	07.00-08.00	Hays Galleria	Clare
	Wed 20 June	07.00-08.00	Hays Galleria	Clare
	Wed 27 June	07.00-08.00	Hays Galleria	Clare

Metaburn <small>This high-intensity metabolic conditioning workout uses a mix of weighted upper and lower body exercises combined with cardio intervals for a super-toned body.</small>	Thur 7 June	07.00-08.00	The Scoop	Faye
	Thur 14 June	07.00-08.00	The Scoop	Faye
	Thur 21 June	07.00-08.00	The Scoop	Faye
	Thur 28 June	07.00-08.00	The Scoop	Faye

	Date	Time	Venue	Instructor
The Method <small>Using body weight exercises and resistance bands, The Method effectively and efficiently firms, tones and sculpts your entire body.</small>	Mon 2 July	07.00-08.00	The Scoop	Faye
	Mon 9 July	07.00-08.00	The Scoop	Faye
	Mon 16 July	07.00-08.00	The Scoop	Faye
	Mon 23 July	07.00-08.00	The Scoop	Faye
	Mon 30 July	07.00-08.00	The Scoop	Faye

Hatha Yoga <small>Using postures and conscious breathing in combination with mental focus to develop awareness, strength, flexibility and relaxation.</small>	Thur 2 August	07.00-08.00	Hays Galleria	Saori
	Tue 7 August	07.00-08.00	Hays Galleria	Mary
	Thur 9 August	07.00-08.00	Hays Galleria	Saori
	Tue 14 August	07.00-08.00	Hays Galleria	Mary
	Thur 16 August	07.00-08.00	Hays Galleria	Saori
	Tue 21 August	07.00-08.00	Hays Galleria	Mary
	Thur 23 August	07.00-08.00	Hays Galleria	Saori
	Tues 28 August	07.00-08.00	Hays Galleria	Mary
	Thur 30 August	07.00-08.00	Hays Galleria	Saori

This series is open to all. Sign up essential via Eventbrite. This activity is for Over 18s. Please note classes take place at Canary Wharf and Tower Bridge, please ensure you have checked location.