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<tr>
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<td>Monday</td>
<td>Cycle Studio</td>
<td>M&amp;B</td>
<td>Hardcore Cycle</td>
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<td>06:30-07:15</td>
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<td>M&amp;B</td>
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<td>Cycle Studio</td>
<td>M&amp;B</td>
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### Monday

- **06:45-07:25**
  - Cycle Studio
  - M&B
  - Extreme

- **07:15-08:00**
  - Cycle Studio
  - M&B
  - Dynamic Pilates

- **07:30-08:15**
  - Cycle Studio
  - M&B
  - Speed Fiends (B)

- **08:00-08:45**
  - Cycle Studio
  - M&B
  - Yoga

### Tuesday

- **06:45-07:25**
  - Cycle Studio
  - M&B
  - Extreme

- **07:15-08:00**
  - Cycle Studio
  - M&B
  - Dynamic Pilates

- **07:30-08:15**
  - Cycle Studio
  - M&B
  - Speed Fiends (B)

- **08:00-08:45**
  - Cycle Studio
  - M&B
  - Yoga

### Wednesday

- **06:45-07:25**
  - Cycle Studio
  - M&B
  - Extreme

- **07:15-08:00**
  - Cycle Studio
  - M&B
  - Dynamic Pilates

- **07:30-08:15**
  - Cycle Studio
  - M&B
  - Speed Fiends (B)

- **08:00-08:45**
  - Cycle Studio
  - M&B
  - Yoga

### Thursday

- **06:45-07:25**
  - Cycle Studio
  - M&B
  - Extreme

- **07:15-08:00**
  - Cycle Studio
  - M&B
  - Dynamic Pilates

- **07:30-08:15**
  - Cycle Studio
  - M&B
  - Speed Fiends (B)

- **08:00-08:45**
  - Cycle Studio
  - M&B
  - Yoga

### Friday

- **06:45-07:25**
  - Cycle Studio
  - M&B
  - Extreme

- **07:15-08:00**
  - Cycle Studio
  - M&B
  - Dynamic Pilates

- **07:30-08:15**
  - Cycle Studio
  - M&B
  - Speed Fiends (B)

- **08:00-08:45**
  - Cycle Studio
  - M&B
  - Yoga

### Saturday

- **06:45-07:25**
  - Cycle Studio
  - M&B
  - Extreme

- **07:15-08:00**
  - Cycle Studio
  - M&B
  - Dynamic Pilates

- **07:30-08:15**
  - Cycle Studio
  - M&B
  - Speed Fiends (B)

- **08:00-08:45**
  - Cycle Studio
  - M&B
  - Yoga

### Sunday

- **06:45-07:25**
  - Cycle Studio
  - M&B
  - Extreme

- **07:15-08:00**
  - Cycle Studio
  - M&B
  - Dynamic Pilates

- **07:30-08:15**
  - Cycle Studio
  - M&B
  - Speed Fiends (B)

- **08:00-08:45**
  - Cycle Studio
  - M&B
  - Yoga
ATHLETIC, TREADMILL & RIG TRAINING

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 2-3-1.

YARD WOD
Conquer brutal AMRAPs and Max Calorie efforts in London’s greatest functional playground. 3 teams working across 5 zones using AirBikes, Rowsers, Phy Boxes – the works.

YARD CIRCUITS
Our signature conditioning circuit brings all the tools to the Yard. 8 people working across 3 stations, a stellar soundtrack – this is the one to pump up your weekend.

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 16 & 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 AP-shit-best this focused workout does just that.

LEGS, GLUTES & ABS
Train your legs, 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 quarter set 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 log bars, farmer carries and more across 4 stations. You’ll blast beyond comfort zones and feel like a champion.

MIND & BODY

VINYASA YOGA
Athletic vinyasa practice: dynamic, physically and spiritually energizing form of yoga that sculpts hones 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.

FORCE
A musical driven high repetition, low weight barberbell and dumbbell class using traditional functional movements with cardio. Beginners through to the more experienced will benefit from a high calorie burn and strength gains in a high energy and immersive environment.

ULTRA SHOCK CIRCUIT
Plato’s blend of flexibility and strength training which improves posture and form and supports you with training, toning and recovery and in everyday life. Classical Pilates is based on the traditional classical mat series 35 exercises as designed by Joseph Pilates

DYNAMIC PILATES
Plato’s blend of flexibility and strength training which improves posture and form and supports you with training, toning and recovery and in everyday life. Rehah Pilates is a slower paced Plato class that the exercises are taught in more detail with a focus on alignment and the improvement of poor posture.

PULSE
“Not just another barre class...” Barre Pilates combines all body movements using nothing other than the body’s connective tissues and joints.

MEDITATION
A simple yet profound practice to meditation. Switch off and de stress.

YIN YOGA
Yin Yoga is slow and meditative. Poses are held for a minimum of 3 minutes for deep stretching of the body’s connective tissues and joints.

CLASSICAL PILATES
Plato’s blend of flexibility and strength training which improves posture and form and supports you with training, toning and recovery and in everyday life. Classical Pilates is based on the traditional classical mat series 35 exercises as designed by Joseph Pilates

REHAB PILATES
Plato’s blend of flexibility and strength training which improves posture and form and supports you with training, toning and recovery and in everyday life. Rehah Pilates is a slower paced Plato class that the exercises are taught in more detail with a focus on alignment and the improvement of poor posture.

DANCE-FIT
Put your boxing skills to the test with focus pads to improve fitness and general boxing skills. All levels welcome but newcomers are encouraged to try a Boxing Fundamentals class first. Members are kindly requested to bring their own boxing gloves and wraps (these can be purchased at Concierge)."
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<th>Day</th>
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<th>Instructor</th>
<th>Venue</th>
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<tr>
<td>Monday</td>
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<td>HOT VINYASA YOGA</td>
<td>Lydia S</td>
<td>Studio</td>
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<td>Monday</td>
<td>6:15</td>
<td>PERFORMANCE CYCLE</td>
<td>Bethany R</td>
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<td>BOXING (ALL LEVELS)</td>
<td>Nat G</td>
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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 exercises, Plyo 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 1000 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.

THE WOD CHIPPER
Welcome to ‘The WOD’S evil twin. This class replicates Third Space’s toughest class, but always comes at you in one format - a Chipper session. A high volume of exercises in a series that you must complete all at once or you’re finished! This class is for those with no previous experience requested to bring your own boxing gloves and wraps (these can be purchased at Concierge).

LIFT
Create a strong, athletic and powerful body using heavier 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 then ever.

FORCE
A music driven high repetition, low weight barbell and dumbbell class combining functional movements with cardio bodyweight exercises. Beginners through to the more experienced are welcome! Will benefit from the high calorie burn and strength gains in a high energy and immersive environment.

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.

STUDIO CYCLING

JUST RIDE
Switch off, Just Ride. Tempo cardio intervals with climbs and sprints. Lose yourself in the music.

SPEED 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 live visual data to encourage maximum effort. Chase down your PB, chase down the best in the room.

MIND & BODY

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

SPEED BOXING

CORE BOXING

HIGH KICK BOXING

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.

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.

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 / HOT 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.

PULSE
“Not just another barre class...”
Set to the beat of the music, this full body workout uses ballet and pilates inspired isometric training techniques to build and strengthen long, lean muscles.

EXHALE
A 60 minute mindfulness class to help re-ground, rebalance and re-balance through breath-work, movement and meditation. Learn to slow down the mind with different breathing techniques, hatha flow yoga and varying styles of meditation.

KICKBOXING
Perfect your kicking and punching techniques and improve your overall fitness in this class.

BRAZILIAN JIU JITSU

KICKBOXING (FUNDAMENTALS)
Learning 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).

BOXING (CONTACT)
Put your boxing skills to the test with light contact drills that will challenge your reactions and your ability to take a (light) punch. Work up to full contact sparring if you feel ready. You should be a competent boxer to attend this class. Members are kindly requested to bring their own boxing gloves and wraps (these can be purchased at Concierge). Gum shield and head guard are mandatory.

BOXING (ALL LEVELS)
Focus on learning proper boxing techniques and drills. Work on your own and with a partner, using punch bags and focus pads to improve your footwork and boxing skills. All levels welcome but newcomers are encouraged to try a Boxing Fundamentals class first. Members are kindly requested to bring their own boxing gloves and wraps (these can be purchased at Concierge).

DANCE

F.I.J. JAM DANCE
A fun high energy dance fitness concept, learning easy to follow choreography to a selection of music genres such as dancehall, afro beats, house, commercial and more. The add on awesome experience if you are a dance fan!
<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tr>
<td>6:20-7:20</td>
<td>HOT YIN YANG Alesha &amp; Dani</td>
<td>REHAB PILATES</td>
<td>HOT YIN YANG Miranda &amp; Rebecca</td>
<td>HOT YIN YANG Seren &amp; Han</td>
<td>HOT YIN YANG Seren &amp; Han</td>
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<tr>
<td>6:30-7:30</td>
<td>Hot Yoga Teresa</td>
<td>HOT YIN YANG Miranda &amp; Rebecca</td>
<td>HOT YIN YANG Seren &amp; Han</td>
<td>HOT YIN YANG Seren &amp; Han</td>
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**Islington Class Schedule January - March 2020**

Our classes welcome all levels of experience.
ARTHELC T, TRE ALLI MI L & 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.

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 toning up to 1000 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.

STRENGTH & CONDITIONING
FORCE
A music driven high repetition, low weight barbell and dumbbell class combining functional 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.

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.

LIFT
Create a strong, athletic and powerful body using heavier weights than 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 then ever.

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.

THE METHOD
A full body conditioning workout targeting the arms, legs, glutes and core through the use of resistance bands. Exercises are performed in tri-sets enabling full muscle fibre recruitment to help strengthen the body, improve muscular endurance and range of movement. The class ends with a core focused finisher followed by a deep relaxing stretch.

STUDIO CYCLING
HARDCORE CYCLE
Push yourself to the max and feel the burn. Combining sprints and hills get ready for anaerobic attacks for a guaranteed heart pounding euphoric feeling.

JUST RIDE
Switch off, Just Ride. Tempo cardio intervals with climbs and sprints. Lose yourself in the music.

POWERIDE
Poweride is a competitive group cycle class that uses live visual data to encourage maximum effort. Chase down your personal best, chase down the best in the room.

MIND AND BODY
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.

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

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 Joseph Pilates.

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 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.

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.

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

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.

DANCE
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.

COMBAT CLASSES
BOXING FUNDAMENTALS
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).

BOXING ALL LEVELS
Focus on learning proper boxing techniques and drills. Work on your own and with a partner, using punch bags and focus pads to improve fitness and general boxing skills. All levels welcome but newcomers are encouraged to try a Boxing Fundamentals class first. Members are kindly requested to bring their own boxing gloves and wraps (these can be purchased at Concierge).

POOL
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.
<table>
<thead>
<tr>
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<tr>
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<td>TRX FIT</td>
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<td>WATTBIKE</td>
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<td>07:15-08:00</td>
<td>WATTBIKE SPRINTS</td>
<td>HATHA YOGA</td>
<td>CALISTHENICS</td>
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<td>THE WOD</td>
<td>WATTBIKE</td>
<td>LEGS, GLUTES &amp; ABS</td>
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<td>VINYASA YOGA</td>
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<td>LEGS, GLUTES &amp; ABS</td>
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<td>FORMULA 3</td>
<td>VINYASA YOGA</td>
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**Functional Area**:
- Georgia
- Lee
- Emily
- Richard
- Joe
- David
- Annelies
- Julie
- Mandy
- Scott
- Suzi
- Mary
- Marika
- Richard
- Teresa
- Shoshi
- Charles
- Julie
- Emily
- Lee
- Annelies
- Vinna
- Ferdi
- Julie
- Sara
- Lee
- Mandy
- Emily
- Suzi
- Marika
- Richard
- Auror
- Aurora

**Rig/Tread**:
- Emily
- Mandy
- Lee

**Cycle Space**:
- Pauw
- Rig/Tread
- Georgia
- Emily
- Lee

**Pool**:
- Julie
- Mandy

**Other**:
- Julie
- Emily
- Richard
- Lee

**Functional Zones**:
- Maria
- Vinna
- Annelies
- Mandy
- Marika
- Richard
- Teresa
- Shoshi
- Charles
- Julie
- Emily
- Lee
- Annelies
- Vinna

**Thursday**

**Saturday**

**Sunday**

**Marylebone**

**Class Schedule**

**January - March 2020**
ATHLETIC, TREADMILL & RIG TRAINING

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 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 pyrometric moves, building intensity throughout the workout. A pyramid style, full body metabolic conditioning workout. Strengthen your body using resistance exercises interspersed with high intensity pyrometric 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 intensive and 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.

CYCLING
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!

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.

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

Aqua-Fit
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

INTERMEDIATE LEVEL
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.
### Monday
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Soho

Class descriptions

ATHLETIC, TREADMILL & RIG TRAINING

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

STRENGTH & CONDITIONING
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 1 minute extreme plyometric power intervals.

THE METHOD
Designed to sculpt and tone the body working the arms, legs, 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.

LIFT
Create a strong, athletic and powerful body using heavier weights than 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.

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.

STUDIO CYCLING

JUST RIDE

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

MIND & BODY
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.

VINAYASA YOGA
Athletic vinayasa practice; dynamic, physically and spiritually energizing form of yoga that sculpts hones 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 Joseph 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.

BARRBURN
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.

COMBAT CLASSES

BOXING
Learn how to box with a combination of pad work, cardio drills and body resistance fitness. Please bring your wraps or 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 technique training to bring out your own Wraps - these can be purchased at Concierge.

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.

BITE 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!

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. Sessions can be catered from development to training level.

ANTE NATAL YOGA
A class tailor made for pregnancy, using all the traditional principles of yoga.
### Class Schedule

**Tower Bridge**

#### Monday
- **19:30-20:15** KETTLEBELLS
- **18:20-19:05** SWEAT X
- **18:15-19:45** WATTBIKE
- **17:15-18:00** KETTLEBELLS

#### Tuesday
- **19:20-20:05** LIFT
- **18:20-19:05** SWEAT X
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#### Friday
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#### Saturday
- **10:00-10:45** HOT DYNAMIC PILATES
- **10:45-11:30** DYNAMIC PILATES
- **11:30-12:15** HOT DYNAMIC PILATES
- **12:15-12:45** THE METHOD

#### Sunday
- **10:00-10:45** HOT DYNAMIC PILATES
- **10:45-11:30** DYNAMIC PILATES
- **11:30-12:15** HOT DYNAMIC PILATES
- **12:15-12:45** THE METHOD
ATHLETIC, TREADMILL & RIG TRAINING

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. Take your class to the next level with MyZone fitness tracking technology. View your effort live on your smartphone or in our Club TV screens and compete against the class or your previous best.

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, Pho boxes, kettlebells and body weight exercises for this high intensity interval class that leaves you burning fat for hours.

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.

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 1000 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.

STRENGTH & CONDITIONING
LIFT
Create a strong, athletic and powerful body using heavier weights than 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.

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.

LEGS, GLUTES & ABS
Tone up, firm up and burn fat for a lean and strong lower body and abs.

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.

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.

THE METHOD
Designed to sculpt and tone the body the exercises focus on 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.

CIRCUIT
More than just a circuit class! High intensity interval training with short breaks between each station of metabolic boosting exercises with a few added cardio “shocks” thrown in. Expect a range of exercises and equipment to work every muscle in your body.

STRONG & SCULPTED
A full body workout using dumbbells designed to define & tone every muscle & improve muscular strength & endurance. Each week focus on a different muscle group for extra burn. Bring on sculpted shoulders, toned triceps, chiseled back and abs, firm glutes and more.

MIND AND BODY
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.

JUST RIDE

WATT BIKE
The WattBike 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!

SWEAT X

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.

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.

ROCKET YOGA
Fast and strong. Vinyasa flow to powerful upbeat music.

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

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.

ASHTANGA YOGA
The most athletic and physically demanding form of Yoga, a series of set postures practiced in sequence but compressed to a 60 to 90 min class. Each of our expert instructors has their own unique style to keep your practice interesting.

COMBAT CLASSES

BOXING (ALL LEVELS)
Focus on learning proper boxing techniques and drills. Work on your own and with a partner, using punch bags and focus pads to improve fitness and general boxing skills. All levels welcome but newcomers are encouraged to try a boxing fundamentals class first.

BOXING (FUNDAMENTALS)
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).

SPECIALIST AND 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.