

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates 7-7.45am	Spinning 6.30 - 7.15am	Spinning 6.30 - 7.15am	Body Flow 7 - 7.45am	Strength & Conditioning 7 - 7.45am	Advanced Spinning 8.30 - 9.15am	Spinning 8 - 8.45am
Spinning 8 - 8.45am	Gentle Flow Yoga 7.30 - 8.15am	Gentle Flow Yoga 7.30 - 8.15am	Body Blast 7.45 - 8.30am	Yoga Stretch 9.15 - 10am	Spinning 9.30 - 10.15am	Boot Camp 9.15 - 10.15am
Yoga 9.15 - 10am	Pilates 9.15 - 10am	Circuit Training 9.15 - 10am	Pilates 9.15 - 10am	Spinning 10.15 - 11am	Boxercise 10.30 - 11.15am	
Boxercise 10.15 - 11am		Pilates 10.30 - 11.15am	Spinning 10.15 - 11am			

PiYo 5.30 - 6.15pm	Spinning 5 - 5.45pm	HIIT 5.15 - 6pm	Pump Blast 5.15 - 6.15pm	Vinyasa Flow Yoga 5.30 - 6.15pm	Circuit Training 5 - 6pm	Spinning 5 - 5.45pm
LBT 6.30 - 7.15pm	HIIT 6.15 - 7pm	Yoga Stretch 6.15 - 7.15pm	Spinning 6.30 - 7.15pm	Spinning 6.30 - 7.15pm	Kettlebells 6 - 7pm	
Yoga Stretch 7.15 - 8.15pm	Spinning 7.15 - 8pm	Spinning 7.30 - 8.15pm	Vinyasa Flow Yoga 7.15 - 8pm			
Spinning 8.30 - 9.15pm						

All classes are free to members and hotel guests

Book in via reception
For more information, please see a member of the gym team.



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PILATES

This classical Pilates class encompasses more than 500 controlled, precise movements designed to stretch and strengthen muscle without adding bulk. The exercises follow the six principles of Joseph Pilates to tone and stretch the body without impact. Choreographed to music, this class will also improve posture, help prevent injuries and invigorate the whole body and mind. A calm yet challenging class that is suitable for any age/ fitness as different levels are given.

VINYASA YOGA

Vinyasa, also called flow because of the smooth way that the poses run together, is one of the most popular contemporary styles of yoga. It's a broad classification that encompasses many different types of yoga, including Ashtanga and power yoga. In vinyasa yoga, each movement is synchronized to a breath.

PiYo

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fatburning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

LBT (LEGS BUMS & TUMS)

Shape up and burn fat as you lunge, step and jump your way to fitness. The high rep routines will put your legs, bums and tum through their paces en-route to shifting fat in these problem areas.

YOGA STRETCH

Yoga Stretch is a combination of yoga poses and stretches with elements of Tai Chi, Yoga and Pilates. It will improve flexibility, muscle strength, posture and a feeling of wellbeing. Suitable for all abilities who will leave the class feeling amazing.

GENTLE FLOW YOGA

Designed to revitalise the body, relax the mind and reduce stress, this slow moving Yoga class synchronises movement with breath for the perfect mind and body connection. Great for beginners and anyone wanting to restore their internal balance.

HIIT (HIGH INTENSITY INTERVAL TRAINING)

HIIT offers an intense full body workout. Using a variety of bodyweight exercises and holds, this class will get you sweating while targeting all the areas you are looking to tone. You will find this a highly-effective and challenging exercise option and we guarantee it to be challenging and effective.

CIRCUIT TRAINING

Circuit training is a style of workout where you cycle through several exercises (up to 10 sometimes more) targeting different muscle groups with minimal rest in between. The result is a workout that taxes your muscular strength and endurance and your cardio respiratory system

BODY FLOW

Pilates based workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance

BODY BLAST

A full body workout which infuses body weight, hand weights, balance, athletic and plyometric training exercises. Designed specifically to increase core stability, muscular strength and cardiovascular endurance.

PUMP

A whole body workout with upbeat music to help you along. Using a variety of weights and functional moves to ensure all those hard to hit areas feel like they've had a workout. Designed to help shape and tone the body.

STRENGTH & CONDITIONING

Strength & Conditioning is simply a great way to improve your body by losing body fat and defining muscle at the same time – without spending hours on the cross trainer. Strength & Conditioning is about maximum return for your input in a short period of time, with a structured approach to training.

BOX FIT

Box fit is based on the training concepts boxers use to keep fit. Classes can take a variety of formats but typically may involve shadow-boxing, skipping, hitting pads, press-ups, shuttle-runs and sit-ups. This group class involves warm-ups and working as partners using gloves and pads to go through boxing combinations of Jab, Hook, Cross and Uppercut. Suitable for all abilities, this cardio workout will improve your fitness levels and your upper body strength

BOOT CAMP

The boot camp is designed to build strength and fitness through a variety of intense group intervals over a 2-hour period of time. A tough (don't wear your best gear) type of session to ensure those results are achieved.

SPINNING

A high-intensity cardio work out, an effective, efficient way to burn calories, and the pedalling gives you some resistance training, too. If your only exercise is spinning, we advise adding more resistance training to your routine two or three times a week, if weight loss is your goal.

The studio will also be available to book 121 and group personal training or Pilates sessions

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