

Class timetable



Class booking app

Use your camera on the QR code to download the class booking app

	MON	TUE	WED	THU	FRI	SAT
5.00AM	PILATES		PILATES		PILATES	
5.15AM	HIIT UP	LIFT	HYBRID	LIFT	HIIT UP	
6.00AM	PILATES	PILATES	PILATES	PILATES	PILATES	
6.00AM	HIIT UP	LIFT	HYBRID	LIFT	HIIT UP	
7.00AM	PILATES	PILATES	PILATES	PILATES	PILATES	HYBRID
8.00AM		PILATES (LI)				HYBRID
9.15AM	HIIT UP	CIRCUIT	HYBRID	CIRCUIT	HIIT UP	
5.00PM	PILATES			PILATES		
5.45PM	HIIT UP	LIFT	HYBRID	LIFT		



MENSTRUATION

Take it easy, keep moving
Move – restore – low intensity



OVULATION

Give it some! Push yourself
Strive – get sweaty – med/high intensity



FOLLICULAR

Energy is rising – utilise it
Lift – anaerobic – med/high intensity



LUTEAL

Maintain muscle & energy
Cruise – low/med intensity



HIIT UP

Bodyweight // HIIT // Functional // Core



LIFT

Barbells // Dumbbells // KB's // Pilates



HYBRID

Lift // Strength // HIIT // Functional



CIRCUIT

Pin loaded // Cardio // Functional // HIIT



PILATES

Core // Control // Flow // Mobility

Please appreciate these are suggestions - All classes are scalable for different abilities and fitness levels

Low impact/ over 50's timetable



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These classes are specifically designed for those of you who want/require a lower impact class that combines all of the elements required for healthy ageing

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7.00AM – 7.30AM STRENGTH FOR LIFE (Group 1)		7.00AM – 7.30AM STRENGTH FOR LIFE (Group 1)		7.00AM – 7.30AM STRENGTH FOR LIFE (Group 1)
7.30AM – 8.00AM STRENGTH FOR LIFE (Group 2)	8.00AM – 8.45AM PILATES MATWORK (Low Impact / Over 50's)	7.30AM – 8.00AM STRENGTH FOR LIFE (Group 2)		7.30AM – 8.00AM STRENGTH FOR LIFE (Group 2)
8.00AM – 8.30AM STRENGTH FOR LIFE (Group 3)		8.00AM – 8.30AM STRENGTH FOR LIFE (Group 3)		8.00AM – 8.30AM STRENGTH FOR LIFE (Group 3)
8.30AM – 9.00AM STRENGTH FOR LIFE (Group 4)		8.30AM – 9.00AM STRENGTH FOR LIFE (Group 4)		8.30AM – 9.00AM STRENGTH FOR LIFE (Group 4)