

JULY CLASS TIMETABLE

MONDAY
09:30 - 10:30 Reformer Pilates with Joanna
10:30 - 11:30 Reformer Pilates with Joanna
12:00 - 12:45 Circuit Training with Ian

TUESDAY
09:30 - 10:30 Reformer Pilates with Barry
10:30 - 11:30 Reformer Pilates with Barry
12:00 - 12:45 HIIT with Ian
18:30 - 19:30 Reformer Pilates with Joanna

WEDNESDAY
10:00 - 11:00 Reformer Pilates with Sabrina
11:00 - 12:00 Reformer Pilates with Sabrina
11:00 - 11:45 HIIT with Jade
13:00 - 14:00 Yoga with Jordan

THURSDAY
10:30 - 11:30 Reformer Pilates with Arabella
11:30 - 12:30 Reformer Pilates with Arabella
18:00 - 19:00 Boxing with Jonathan

FRIDAY
08:30 - 9:30 Reformer Pilates with Mani
09:30 - 10:30 Reformer Pilates with Mani
12:00 - 12:30 HIIT with Ian

SATURDAY
10:00 - 11:00 Reformer Pilates with Joanna
11:00 - 12:00 Reformer Pilates with Joanna
12:00 - 12:30 HIIT with Julian

REFORMER PILATES

Reformer Pilates is performed using a reformer bed and is generally more dynamic and intensive than mat based Pilates, due to the resistance added from the reformer springs. The repertoire available from Reformer Pilates is extensive, not only providing far more variety but also a greater range of resistance. The exercises usually work muscles through a large range of motion, ideal for increasing strength and proprioception, as well as increasing stability through the joints. Reformer Pilates is best known for its ability to improve an individual's core strength.

HIIT

High-intensity interval training (HIIT) is a training strategy that alternates short periods of intense exercise with less intensive recovery periods. Depending on a participant's current fitness level and the intensity levels, these sessions typically last under 30 minutes. Increasing one's metabolism, HIIT workouts provide improved athletic capacity and condition. Research has shown that HIIT regimes produce significant reductions in fat-mass of the whole-body.

YOGA

Our yoga classes are designed to accommodate all levels of experience, from beginners to advanced members. Each session begins with a gentle warm-up to prepare the body, followed by a series of poses (asanas) that focus on strength, flexibility, and balance. We incorporate breathwork (pranayama) to enhance relaxation and mindfulness. Classes conclude with a soothing cooldown and a guided meditation to leave you feeling centered and rejuvenated. Join us to experience the physical and mental benefits of yoga in a supportive and serene environment.

NEW PILATES INSTRUCTOR SABRINA - WED 10:00AM & 11:00AM



SABRINA IS A HIGHLY EXPERIENCED PILATES INSTRUCTOR. HAVING TRAINED WITH THE WORLD RENOWNED BODY CONTROL PILATES, AS WELL AS COMPLETING HER PRE/POST-NATAL QUALIFICATION TO SUPPORT WOMEN IN PREGNANCY ON THEIR FITNESS JOURNEYS.

BEING A SPECIALIST IN WOMENS HEALTH, SABRINA HAS COMPLETED WORKSHOPS FOCUSING ON PILATES FOR WOMEN IN THEIR MENOPAUSE, AS WELL AS TRAINING THEIR PELVIC FLOOR.

PLEASE COME AND EXPERIENCE HER CLASSES. YOUR BODY WILL THANK YOU FOR IT!