

GYM SCHEDULE

Revitalise with our new gym classes.

A recent study concluded: 'Participants agreed yoga improved: energy (84.5%), happiness (86.5%), social relationships (67%), sleep (68.5%), and weight (57.3%)' (Ross et al., 2013)

MONDAY

12:15

HIIT45 with Seth

Take this full-body workout during your lunch break and maximise your energy levels throughout the work day.

TUESDAY

08:00

Sunrise Vinyasa with Linda

Start your day with a mindful Vinyasa flow that builds strength, flexibility, and clarity, leaving you energised and centred.

14:00

HIIT 45 with Seth

A fast-paced, full-body workout that caters to your physiological needs by maximising cardiovascular health. A busy week is no problem for this HIIT45 workout class, offering empowered cardio and weight training in a succinct 45-minute slot.

17:00

Legs & Glutes with Seth

Tone and strengthen your core and lower body with dumbbells and bodyweight exercises. Reignite your body confidence and leave this session feeling amped up with a new sense of self-respect and accomplishment.

WEDNESDAY

08:15

HIIT 45 with Seth

The perfect mid-week pick me up. Lead a longer and healthier life with high-intensity interval training.

09:00

Legs & Glutes with Seth

Paired with the HIIT45 class, strengthen your physical foundation with targeted lower-body exercises.

12:00

Legs & Glutes with Seth

Build strength and stability and improve your body's functional movement, empowering your overall sense of well-being.

17:30

Melt Session with Linda

A calming blend of slow flow and Yin yoga to release tension, soothe the nervous system, and leave you deeply restored.

THURSDAY

13:30

Total Body Sculpt with Gemma

Achieve self-esteem and personal growth with a hybrid workout class blending Barre, Pilates, Yoga, and strength training. Sculpt and tone your body while fostering self-confidence.

14:00

HIIT45 with Seth

A fast-paced circuit class designed to build strength, boost endurance, and burn fat - all in one high-energy session.

16:00

Stretch & Flow

A flowing, low-impact class that improves a gentle, low-impact flow to boost mobility, prevent injury, and leave you feeling rebalanced.

17:00

Legs & Glutes with Seth

Maintain order and routine with this strength training class. This class will empower you to improve your strength, confidence and physical endurance.

18:00

HIIT45 with Seth

For a final push before the weekend, end the day with self-love after this HIIT45 session. Feel strong and ready to relax, knowing you've taken care of yourself.

FRIDAY

17:00

Legs & Glutes with Seth

A high-intensity circuit class that builds muscle, burns fat, and boosts overall strength.