

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

HIIT 45 with Seth

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

TUESDAY

08:00

Sunrise Hatha Yoga

Start your day off properly by nurturing self-actualisation with gentle Hatha Yoga. Here, you will increase muscle tone and enhances mental focus and clarity of thought.

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

Slow Flow to Yin with Hien

Prioritise mindfulness with this deeply restorative Slow Flow yoga. Perfect for all levels, connect with like-minded people cultivating their inner-peace.

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.

16:00

Yoga Sculpt with Gemma

This fusion of Vinyasa yoga and strength training is both great for discipline and cultivating a peaceful, resilient mindset.

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

HIIT 45 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.