

# 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

13:15

### Circuits with Seth

A high-energy workout blending strength, cardio and functional fitness. Improve your endurance and vitality, and kick-start your week.

18:00

### Legs & Glutes with Seth

Focus on your lower body to build strength and stability. Feel stronger and more confident, meeting your physical needs while boosting your overall energy.

## TUESDAY

08:15

### TRX with Seth

Transform your body with suspension training and reinvent how you workout. This session will improve balance and coordination, while building strength for overall wellbeing.

12:00

### Upper Body Conditioning with Seth

Take control of your fitness routine and focus on form, posture, and toning for your upper body. Build strength, build confidence.

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.

## WEDNESDAY

08:00

### Flow Yoga with Sam

The perfect mid-week pick me up. A classic Vinyasa class tailored to your pace & ability. Flow through motion and enhance mental clarity. Discover yourself through movement.

12:00

### Power Yoga with Sam

A vibrant Vinyasa class with sculpting elements, breath work, and a challenging flow. Find balance between your physiological and psychological needs.

13:00

### Barre with Sam

Tone your body and boost confidence with a mix of ballet, yoga and Pilates elements. Feel stronger and more agile throughout the day.

13:15

### Boot Camp with Seth

Conquer the day with a high-energy mix of strength and cardio that will leave you feeling empowered and ready to face any challenge ahead.

17:00

### TRX with Seth

Finish your day feeling accomplished with this dynamic TRX session that targets all the major muscle groups.

## THURSDAY

12:00

### Legs & Glutes with Seth

Tone and strengthen your core and lower body with dumbbells and bodyweight exercises that leave you feeling powerful.

13:15

### TRX with Seth

Take a break and align your body in this session by activating your core and improving your posture. Suggested to ease the effects of sitting at a desk all day.

17:30

### 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.

## FRIDAY

13:30

### Yoga Sculpt with Gemma

Close the week with this invigorating workout session that will push you to new limits and leave you feeling strong, empowered and ready for the weekend.

