

# CLASSES

## STRENGTH + CARDIO

### FUNCTIONAL FITNESS

Cross-fit style of training with Cross-fit qualified instructor, Jacob, to ramp up strength and stamina for when you want to challenge yourself & progress.

### CIRCUITS

A multi-station cardio, resistance and strength, workout.

### LES MILLS BODYPUMP

Light to medium weights to shape, tone and strengthen all major muscle groups.

### LES MILL GRIT

30-minute high-intensity interval training, scientifically shown to get results fast for strength, cardiovascular fitness and lean muscle.

### LEGS, BUMS, TUMS

Squats and lunges and abs focused workout

### BARRE FITNESS

A ballet-based workout, focusing on the posterior chain, feet, ankles, glutes and core.

### KETTLEBELLS

Swing, lunge and squat your way through a variety of exercises helping you to achieve a toned body.

## SPIN

### LES MILLS SPRINT (V)

30-minute High-Intensity workout.

### LES MILLS RPM (V)

A great way into virtual spin - fun, low impact, with great music.

### LES MILLS THE TRIP (V)

Fully immersive, floor to ceiling screen for a 40-minute journey through digitally-created worlds.

### LIVE SPIN

Ultra-motivational, group cycling to music to target different muscle groups. Suitable for all levels.

## WELLNESS

### LES MILLS BODYBALANCE

Flow yoga with a touch of core-based pilates, to improve flexibility, strength, and posture. A faster moving yoga class to increase muscle endurance, core strength and concentration.

### BEGINNERS YOGA

The best way to start with introductions to poses and breathing techniques, gradually improving agility and balance.

### ASHTANGA YOGA

Dynamic yoga synchronizing breath with a progressive series of postures to build strength, flexibility, and inner focus.

### FLOW YOGA

A fluid practice connecting movement and breath in a smooth, continuous sequence of poses to promote balance, strength, and mindfulness.

### HATHA YOGA

A slower moving class, working through yoga poses and breathing techniques more slowly and with more static holds.

### POWER YOGA

Improve muscle strength and endurance with challenging poses, moving from one pose to the next quickly.

### YIN YOGA

Yin yoga is a type of yoga that involves passive poses that are held for an extended time.

### PILATES

Pilates is a form of low-impact exercise that aims to strengthen muscles while improving postural alignment and flexibility.

## BOOK ON THE APP