

STRENGTH + CARDIO

FUNCTIONAL FITNESS

Cross-fit style of training to ramp up strength and stamina - challenge yourself & progress quickly.

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.

LEGS, BUMS, TUMS

Squats, lunges and abs focused workout.

BARRE FITNESS

Ballet-based workout targeting glutes, core, feet & ankle strength.

KETTLEBELLS

Swing, lunge and squat to strengthen & tone.

KETTLEBELL TECHNIQUE - the best way to get the most from Kettlebell classes for maximum results & safety.

RUNNING CLUB

A social group run - suitable for everyone able to run 5K - various pace levels welcome.
Free for all members.

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 | VINYASA 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.

YIN & YANG YOGA

A balanced practice combining slow, passive Yin poses (targeting connective tissues, promoting deep relaxation) with dynamic, active Yang flows (building strength, heat, and stamina),

PILATES

Pilates is a low-impact workout to strengthen muscles while improving postural alignment and mobility. Try new DISCO PILATES to uplifting music.