

Studio Class Timetable

MONDAY

10:45 -11:45 Pilates (Wendy)

18:00:18:30 Spin (Steve)

18:45– 19:15 Body and core balance (Steve)

TUESDAY

Spin 9:30-10:00 (Steve)

Body and core balance 10:00-10:45 (Steve)

17:45-18:30 Spin (Steve)

18:30-19:00 Metafit (Steve)

WEDNESDAY

10:00-10:45 LBT (Steve)

11.00-12.00 Pilates (Wendy)

17:30–18:15 Yoga (Evonne)

18:20-19:05– Pilates (Evonne)

THURSDAY

9:00-10:00 Pilates (Evonne)

18:30-19:15 Yoga (Evonne)

FRIDAY

09:00 - 09:45 Spin (Wendy)

**Classes are strictly for 16's
and over.**

Class Description

Yoga - Breathing techniques and a flow of poses and movements in a calm relaxing environment.

Pilates - For beginners to advanced who can build strength and develop the core.

Spin - Moderate to high intense cardio/fat burning class using different gradients of intensity.

Metafit - High intensity workout combining functional and dynamic exercise.

LBT– Legs, bums and tums.

Toning and shaping all those important area's

Please book in for all classes

You can book via the member zone or speak to a member of the team today.