

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Group Ride 6:15		BEATS Ride 8:15	
	Group Ride 9:15			Power Ride 9:15	Punch & Crunch 8:30	Power Ride 9:15
Yoga Revive 9:30	Pulse 9:15	Move + 9:15	Strength 9:15	Barre Power 9:15	Group Ride 9:15	Renegade Circuit 9:30
Group Ride 12:05	Turbulent 12:05	Strength 12:05	High Voltage 12:05	TR44 12:05	Yoga Pilates 9:15	Yoga Revive 10:30
HIIT 12:05	Pilates Core 12:05	Fascial Flex 12:05	Body Sculpt 12:05		Move 9:30	Barre Power 11:15
Cardio Max 5:30	High Voltage 5:30	Combustion 5:30	Turbulent 5:30	Group Ride + 5:15	Turbulent 10:30	
	Group Ride 5:30	Body Sculpt 6:15			Pulse 11:30	
Yoga Revive 6:35		Yin Yoga 6:30	Just Dance 6:30		Meditation 1:00	



Cycle • Mindbody • Group Fitness

Class descriptions

CYCLE

BEATS Ride Turn down the lights and turn up the music in this 45-minute spinning journey of motivation and transformation. Ride the beat and feel the vibe!

Group Ride Ride like an athlete. Party like the weekend. This cycling class is the perfect balance between training and partying! Feel the energy and power that comes from riding in a group guided by a knowledgeable coach, driving music and social interaction.

Group Ride + as per Group Ride with a video component!

Power Ride Cycle with purpose and power using the technology of the power console to give you measurable results. Our cycling coaches will support you and push you to your personal best. With the combination of inspiring music, coaching and technology you will get a powerful mind-body experience.

GROUP FITNESS

Barre Power Strengthen, lengthen and chisel your body. Take barre training to a new level with this dance inspired workout fused with yoga, Pilates strength and flexibility training providing a multilevel, total body workout that will transform you.

Body Sculpt Define and sculpt every part of your body in this full body muscle defining class. This body weight workout combines core training and muscle defining exercises to give you a complete workout. Choreographed to inspiring music, experience a new, innovative and challenging class.

Cardio Max (choreographed) to the max! Get your "high" in this cardio workout that combines simple choreography with high intensity intervals to give you maximal results while moving to your favourite tunes!

HIIT Drive your fitness gains to the max with short burst high intensity intervals to stimulate quick results, calorie expenditure and the after burn (EPOC). The exercises are simple in design, but the workout is never boring.! Get in, get in done and get results!

High Voltage Shock the system with this full body Cross Fit Style of workout. Swing, lift, jump and push in this high energy class! Train hard and reap the benefits of incredible results.

Just Dance A high energy, calorie burning workout! Let the music take the lead, get inspired, energized and moving to the worlds rhythms! Dance like there is no tomorrow, add some flavour to your day come and just dance!" No dance experience required.

Move (choreographed) your body in this high-spirited cardio workout that brings music and movement together in an exciting choreographed workout that will leave you feeling energized.

Move + (choreographed) per Move followed by a muscle burn to sculpt the body and finish with a revitalizing stretch.

Pulse Unleash your inner dancer! From reggaeton to jazz, hip hop to salsa, anything goes in this non stop cardio fitness class. Move to the beat of the most popular dance music. Designed for people who love to dance and sweat!

Punch and Crunch Feel like a champion in this martial art inspired workout! Fight for your results! Learn how to throw a punch, increase your mental focus and crush your goals. Take it out. Sweat it out!

Renegade Circuit Train the rebel in this highly effective total body workout. This interactive circuit training combines cardio, resistance and functional training that's time effective. No experience required.

Strength Can't seem to get motivated in the gym? This highly effective strength training workout is designed to give you results in a super charged motivating atmosphere. With an excellent coach and high energy music this total body strength workout will make you strong.

TR44 Run, row, lift. Get more in less time in this science-based interval training workout that will challenge you to drive your fitness to a new level. Experience the adrenaline rush of metabolic training with a killer playlist and highly skilled coaches to support you to reach your goals in this community driven class.

Turbulent Driven by high energy music and coaching this explosive interval training workout stimulates your cardio, strength and core like no other class you have experienced. take your fitness to new heights.

MIND BODY

Fascial Flex Train hard and recover harder. Maximize your performance by taking care of your body in this signature class that takes body and muscle restoration to a new level. Practice sophisticated myofascial release techniques in combination with dynamic stretching for the best results. Your body will thank you.

Meditation Recharge and rejuvenate with the power of inner peace.

Pilates Core The next evolution in Pilates training. This class combines the latest in core training, Pilates mat exercises and evolved Pilates exercises to enhance your core conditioning program.

Yin Yoga is a powerful practice to enhance mobility and reduce tension that utilizes long holds to target and release the deeper tissues; tendons, ligaments and fascia within the body. Practiced in a warm room to help relax your body, allowing for a deep, safe and gentle practice that will leave you physically and mentally balanced.

Yoga Pilates The perfect blend of Pilates core training and yoga postures to give you the ultimate strength, stability and flexibility class. This mindful class focuses on alignment, flow and breath, leaving you feeling invigorated and strong.

Yoga Revive Revive your mind and body in this unique class that balances the high energy of standing poses to build stamina and strength with the calming and restorative poses to quiet the mind and body. Feel completely revived.