

	6am-2pm	Closed	Closed	6am-6pm	6am-6pm	6am-6pm	8am-6pm	6am-2pm	Closed	7am-12pm	6am-6pm	6am-6pm	6am-6pm	8am-6pm
	24 Dec	25 Dec	26 Dec	27 Dec	28 Dec	29 Dec	30 Dec	31 Dec	1 Jan	2 Jan	3 Jan	4 Jan	5 Jan	6 Jan
6:30am														
7am	 			 				 			 			
7-8:30am														
7:15am						 							 	
7:30am				 						 				
7:45am														
8am														
8:15am				 		 	 			 	 	 	 	
8:45am										 				
9am														
9-10:30am														
9:15am	 			 	 			 		 	 			
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9:45am														
10:00am														
10:15am				 						 				
11:00am														
11:15am														
4:30pm														
5:15pm														

CLOSED

BOOKING CLASSES WILL BE AVAILABLE TO BOOK ONLINE ONE WEEK BEFORE DATE OF CLASS.





SHAPE UP WHILE SUPPORTING YOUR JOINTS AND MUSCLES. KEEP FIT AND FLEXIBLE IN CHEST-DEEP WATER RATHER THAN IN A STUDIO. THIS LOW TO MODERATE INTENSITY CLASS STRENGTHENS AND TONES YOUR BODY, IMPROVES YOUR STRENGTH AND MOBILITY WITH LESS STRAIN ON YOUR MUSCLES AND JOINTS.

45 MIN



A FULL-ON, HIGH-ENERGY CARDIO WORKOUT TO ENERGIZING TUNES. THIS HIGH INTENSITY CLASS IMPROVES AGILITY, COORDINATION, STRENGTH & ENDURANCE, AND IMPROVES HEART & LUNG FITNESS. BE UNSTOPPABLE!

55 MIN
30 MIN



A YOGA, TAI CHI AND PILATES INSPIRED WORKOUT THAT LEAVES YOU LONG, STRONG, CALM AND CENTERED. THIS LOW INTENSITY CLASS IMPROVES JOINT FLEXIBILITY & RANGE OF MOTION, TONES & SHAPES AND ENHANCES MENTAL WELLBEING. FEEL BALANCED.

55 MIN



A BOXING INSPIRED FULL BODY WORKOUT THAT FOCUSES ON POWER, CO-ORDINATION, STAMINA AND STRENGTH. SKIP HOOK AND JAB YOURSELF TO FEELING FANTASTIC. THIS MODERATE TO HIGH INTENSITY TONES & SHAPES, INCREASES SENSE OF ENERGY & ENDURANCE AND BUILDS SELF-CONFIDENCE. HIT IT!

45 MIN



A CHALLENGING MIX OF MARTIAL ARTS AND ENDURANCE. UNLEASHING STRENGTH YOU NEVER KNEW YOU HAD. THIS HIGH INTENSITY CLASS TONES & SHAPES, INCREASES STRENGTH & ENDURANCE AND BUILDS SELF-CONFIDENCE.

55 MIN
30 MIN



A PERSONAL TRAINING-INSPIRED, SCIENTIFICALLY-BASED WORKOUT THAT CHALLENGES YOU TO BUILD AND MAINTAIN A BETTER SHAPED AND FUNCTIONING CORE. THIS MODERATE TO HIGH INTENSITY CLASS TIGHTENS & TONES CORE MUSCLES AND IMPROVES FUNCTIONAL STRENGTH FOR BALANCE MOBILITY & INJURY PREVENTION.

30 MIN



IMPROVE YOUR TECHNIQUE AND BASE STRENGTH BY FOCUSING ON BASIC FUNCTIONAL MOVEMENT PATTERNS ALONG WITH CORE AND REHABILITATION EXERCISES. THIS CLASS COMBINES A MIX OF BODY WEIGHTED EXERCISES WITH SUSPENSION TRAINING TO ENHANCE YOUR BALANCE, STABILITY AND CORE STRENGTH.

BOOK



POWER YOUR WAY TO TOTAL BODY STRENGTH AND CONDITIONING BY INCORPORATING FUNCTIONAL LIFTING AND PUSHING MOVEMENTS FOCUSING ON IMPROVING YOUR INNER STRENGTH AND FITNESS LEVELS.

BOOK



TAKE YOUR WORKOUT TO THE NEXT LEVEL WITH THIS HIGH INTENSITY AND CHALLENGING CLASS. UTILISE ALL YOUR MAJOR MUSCLE GROUPS WITH A WIDE VARIETY OF EXERCISES THAT HAVE BEEN DESIGNED TO PUSH YOUR BODY TO THE MAX.

30 MIN



AN EXPLOSIVE HIGH-IMPACT BODY WEIGHT WORKOUT. THE DOUBLE WHAMMY MAXIMIZING CALORIE BURN WITHIN AND AFTER THE WORKOUT. THIS HIGH INTENSITY CLASS BURNS FAT AND RAPIDLY, IMPROVES ATHLETIC CAPABILITY, CALORIE BURN WITHIN THE WORKOUT & BURNING FAT FOR HOURS AFTERWARDS.



SEND YOUR METABOLISM INTO OVERTDRIVE TO BURN FAT FOR HRS AFTER THE WORKOUT. STIMULATES THE PRODUCTION OF GROWTH HORMONE WHICH REDUCES FAT AND HELPS DEVELOP LEAN MUSCLE. THIS HIGH INTENSITY CLASS BUILDS STRENGTH AND LEAN MUSCLE WORKS ALL MAJOR MUSCLE GROUPS.

30 MIN



METAFIT IS A STYLE OF HIGH INTENSITY INTERVAL TRAINING (HIIT) AND IS DESIGNED TO BOOST YOUR FITNESS, ROCKET YOUR ENERGY LEVELS & GET MASSIVE RESULTS IN THE SHORTEST AMOUNT OF TIME POSSIBLE.

30 MIN



THE ORIGINAL WEIGHTS CLASS THAT BUILDS STRENGTH, TONES YOUR BODY, AND PUSHES YOU TO THE LIMIT EVERY TIME. THIS MODERATE TO HIGH INTENSITY INCREASES STRENGTH & ENDURANCE TONES & SHAPES HELPS MAINTAIN BONE HEALTH.

55 MIN
30 MIN



CUT LOOSE TO THE HOTTEST NEW WORKOUT WITH FUN MOVES AND SHAKIN' TUNES. THIS MODERATE INTENSITY CLASS BURNS CALORIES, TONES & SHAPES DEVELOPS SELF EXPRESSION AND IMPROVES COORDINATION. FREE YOURSELF.

55 MIN



HIGH INTENSITY INTERVAL TRAINING SET TO TUNES THAT WILL GET YOUR PULSE RACING. YOU SET THE PACE IN THIS CLASS WHICH IMPROVES HEART & LUNG FITNESS, INCREASES STRENGTH & ENDURANCE. GET RESULTS FASTER.

55 MIN
60 MIN



NOT YOUR USUAL CYCLE CLASS. IT'S HIGH INTENSITY INTERVAL TRAINING (HIIT) ON A BIKE! IT'S A QUICK AND HARD STYLE OF TRAINING WITH SHORT BURSTS OF INTENSITY, FOLLOWED BY SHORT PERIODS OF ACTIVE RECOVERY, DELIVERS YOU FAST RESULTS WITH MINIMAL IMPACT.

30 MIN



SWIM, JOG OR WALK MAKE USE OF THE EXPERT COACHES ON HAND TO ENHANCE YOUR TECHNIQUE AND FOLLOW THEIR PROGRAMME OR DO YOUR OWN THING. THIS YOU SET THE PACE SESSION IMPROVES HEART & LUNG FITNESS, INCREASES SENSE OF ENERGY & ENDURANCE.



TICK OFF A COMPLETE WORKOUT THE CHALLENGING MIX OF LUNGES, SQUATS, FUNCTIONAL TRAINING AND TUBING EXERCISES WILL HELP YOU BURN CALORIES AND TAKE YOUR FITNESS TO THE NEXT LEVEL. THIS MODERATE INTENSITY CLASS IMPROVES YOUR STRENGTH, CARDIO AND CORE.

45 MIN
30 MIN



A FULL-ON, XFIT HIGH-ENERGY CARDIO AND ENDURANCE WORKOUT THAT PUSHES YOU TO THE LIMIT EVERY TIME. THIS HIGH INTENSITY CLASS IMPROVES OVERALL, FITNESS, IMPROVES HEART & LUNGS FITNESS, AGILITY, STRENGTH & ENDURANCE.

45 MIN



INCORPORATE THE EASTERN PRINCIPLES OF MOVING INWARD AND THE WESTERN NEED FOR PHYSICAL ACTIVITY. THIS LOW INTENSITY CLASS WILL BUILD HEAT, STRENGTH, FLEXIBILITY, AND ENDURANCE.



A MEDITATIVE SLOW PACED CLASS THAT EXPLORES LONG, DEEP STRETCHING TO ENHANCE JOINT MOBILITY, IMPROVE FLEXIBILITY, AND HEALING TO THE BODY'S CONNECTIVE TISSUES. A PERFECT ANTIDOTE TO STRESSFUL BUSY LIFESTYLES, RUNNERS STIFFNESS, AND CLUTTERED MINDS.

60 MIN
75 MIN



THE HATHA YOGA PRACTICE EMPHASIZES PROPER DIET, PROCESSES TO INTERNALLY PURIFY THE BODY, PROPER BREATHING AND ITS REGULATION PARTICULARLY DURING THE YOGA PRACTICE, AND THE EXERCISE ROUTINE CONSISTING OF ASANAS (BODILY POSTURES).