

Class Schedule

Monday:

07:30 - 08:30 – Morning HIIT
11:00 - 12:00 – Circuit Training

Wednesday:

8:30 - 9:30 – Circuit Training

Tuesday:

07:30 - 08:30 – Stretch & Tone
11:00 - 12:00 – Dance Aerobics

Thursday:

07:30 - 08:30 – Stretch & Tone
11:00 - 12:00 – HIIT

Friday:

8:30 - 9:30 – Mindful Movement

Class Descriptions

HIIT (High-Intensity Interval Training):

This intense, energising fitness class consists of alternating between short bursts of high-intensity exercises followed by brief recovery periods.

Circuit Training:

This class requires participants to rotate through a circuit of different exercises targeting various muscle groups, with a few seconds of rest between each exercise for an invigorating full-body workout.

Stretch & Tone:

This class involves elements of stretching exercises combined with muscle-toning movements, improving mobility, muscle strength, and flexibility.

Dance Aerobics:

Burn calories in our exhilarating dance aerobics class. Get ready to move and sweat in this high-intensity aerobic workout that's guaranteed to put a smile on your face.

Mindful Movement:

This class combines gentle toning movements with deep stretching, focusing on breathing techniques for stress reduction, relaxation, and mind-to-body connection.