

↓ GROUP EXERCISE TIMETABLE

MON	TUE	WED	THU	FRI	SAT	SUN
ST TRADITIONAL HATHA YOGA 07:00—08:15	ST YOGA FUSION 07:00—08:00	ST YOGA FLOW 07:00—08:00	GF SGT 07:15—07:45	ST HATHA YOGA 10:00—11:00	ST HATHA YOGA 08:00—09:00	ST YIN YOGA 08:00—09:00
GF SGT 07:15—07:45	GF SGT 07:15—07:45	GF SGT 07:15—07:45	ST PILATES 08:00—09:00	GF GYM INDUCTION 11:30—12:00	GF SGT 08:30—09:00	
GF GYM INDUCTION 09:30—10:00	GF SGT 08:15—08:45	GF GYM INDUCTION 08:00—08:30	GF SGT 08:15—08:45	GF SGT 12:30—13:00	GF GYM INDUCTION 09:30—10:00	
GF SGT 12:30—13:00	GF SGT 12:30—13:00	GF GYM INDUCTION 11:30—12:00	ST BALLET FIT 09:30—10:30	ST YOGA FLOW 17:45—18:45	GF GYM INDUCTION 01:00—11:30	
GF GYM INDUCTION 13:15—13:45	GF GYM INDUCTION 13:15—13:45	GF SGT 12:30—13:00	GF GYM INDUCTION 10:30—11:00		GF SGT 12:30—13:00	
GF SGT 17:30—18:00	GF GYM INDUCTION 17:00—17:30	GF SGT 17:30—18:00	GF SGT 12:30—13:00			
ST YOGA FLOW 17:45—18:45	GF SGT 17:30—18:00	ST PILATES 17:45—18:45	GF GYM INDUCTION 17:00—17:30			
GF SGT 18:15—18:45	ST HATHA YOGA 19:30—20:30	GF SGT 18:15—18:45	GF SGT 17:30—18:00			
ST PILATES 19:00—20:00		ST YOGA FLOW 19:00—20:00	ST VINYASA YOGA 17:45—18:45			
			ST YIN YOGA 19:00—20:15			



GYM FLOOR



STUDIO

(£) ADDITIONAL CHARGE

↓ CLASS DESCRIPTIONS

SGT

SMALL GROUP TRAINING
Gym floor class, featuring a mixture of Strength & Cardio, including high intensity intervals designed to burn calories quickly and increase the body's metabolic rate.

GYM INDUCTION

Small group induction, focused on safe and effective equipment usage. Perfect for new gym users or anyone looking for a refresher to get back into a new training regime.

STRETCH + MOBILITY

A full-body mobility workout that includes myofascial release and neuromuscular techniques. This session is designed to enhance flexibility, accelerate recovery, boost sports performance, and help prevent injury.

BALLET FIT

Ballet-inspired full body workout suitable for all ages and abilities. Feel graceful, build stamina, improve posture and flexibility in this fun low impact class.

PILATES

A class for all abilities featuring a full body, low impacting workout, focusing on core strength, balance, coordination, flexibility and breath.

HATHA YOGA

Classical yoga asana (postures), breath work, and gentle warming movements to build strength, flexibility and relaxation. With a mixture of standing poses, dynamic flows and basic seated work, this class is suitable for all levels.

BLOCK WELLBEING YOGA

A Well-being Flow designed to relax, unwind, increase mobility & flexibility and gain strength. A Gentle Flow for all levels.

BABY & ME YOGA (£)

Baby & Me is a practice that's designed to help you revitalise and refresh your body, whilst bonding with your baby! It encourages strength and flexibility as well as relaxation and rest. If you birthed your baby, then you're invited to these classes 6+ weeks after a vaginal birth and 8+ weeks after an abdominal birth. All parents welcome! To book your spot, please go to the following link. <https://www.bumpbirthandbeyondyoga.com/book>

TRADITIONAL HATHA YOGA

A traditional practice incorporating pranayama (breathing techniques), asana (postures), meditation, and yoga philosophy. This is a slower paced session, that focuses on setting intentions and aligning the mind, body and spirit through a holistic approach. A perfect way to start your week with confidence, contentment, and physical and mental strength.

VINYASA YOGA

Vinyasa is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. Commonly referred to as "flow" yoga. The variable nature of Vinyasa Yoga helps to develop a more balanced body.

YIN YOGA

Yin Yoga targets your deep connective tissues, like your fascia, ligaments, and joints. It's slower and more meditative, giving you space to turn inward and tune into the physical sensations of your body, while also teaching you how to breathe through discomfort and sit with your thoughts.

YOGA BEGINNER FLOW

Perfect for those new to yoga, looking to increase their knowledge and understanding, or wishing to advance from Hatha to a 'Flow' class such like Vinyasa. This class will be a gentle flow focussing on the foundation of yoga, ensuring the alignment of each asana is done correctly with verbal and physical adjustments. Including breath work techniques and guided meditations to relax.

YOGA FLOW

A session focused on finding flow and joy in your practice. A fast-paced class designed to build stamina and improve cardiovascular health. Expect joyful energy, light-hearted fun and a funky playlist! A perfect antidote to the mid-week slump.

YOGA FUSION

A session designed to build physical strength and mental endurance, enabling you to work towards greater ease and depth in your physical yoga practice. Think repetitive movements and actions that build confidence and improve mobility. This is a moderate paced class, focusing on mobility exercises, core work, and gymnastic inspired drills.

(£) ADDITIONAL CHARGE