



September Weekly Schedule of Classes Available Live & On Demand

Here, you will be able to take part in a variety of classes every week each lasting 30-45 minutes.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------|---------------------------------|--------------------------------|---------------------------------|-------------------------|----------------|
| 08:00 | Pilates Intermediate & Advanced | Morning Quick HIIT | Wake Up Yoga - All Levels | Morning Mindfulness | Family Fitness |
| 11:00 | Pregnancy Pilates | Mobility & Flexibility | Pilates for Beginners | | Active Agers |
| 12:00 | | | | | |
| 13:00 | New! Healthy Heart Cardio | Desk Yoga | | | |
| 17:00 | Home Gym - Dumbbells | Pilates for Runners & Cyclists | Dance Cardio | Combat Fitness Advanced | Zone Out Yoga |
| 18:00 | New! Happy Heart Yoga | Combat Fitness All Levels | Pilates Intermediate & Advanced | Bodyweight Strength | |

Fitness Plans Now Available on Demand



Due to the popularity of some of the on-demand classes, we have introduced three brand new training plans to support your skills development and to help you meet your fitness goals. Delivered by our experts:

Daniela Dietl, Pilates Pro who will put you through your paces with balance, flexibility and strength training;

Gemma Habington, Yoga Master who will encourage you to channel your inner yogi.

Laurel Gossling, Fitness Instructor who will get the blood pumping with her killer HIIT workouts.

To access these training plans, visit the web platform under 'digital gym'.

Introduction to Pilates (8 Weeks)



Instructor: Daniela Dietl
Level: Beginner

This 8-week plan is designed as an introduction to Pilates. Pilates is a system of exercise and movement that is designed to increase strength, flexibility, and balance. Benefits include improved flexibility, muscle balance, improved posture, better coordination and balance.

Introduction to Yoga (8 Weeks)



Instructor: Gemma Habington
Level: Beginner

Yoga is a vast collection of spiritual techniques and practices aimed at integrating mind, body, and spirit. Benefits include reducing stress and promoting relaxation, better sleep, boosting your immune system and helping prevent aches and pains.

High Intensity Interval Training (8 Weeks)



Instructor: Laurel Gossling
Level: All Levels

High Intensity Interval Training (HIIT) is a workout based primarily on aerobic exercise that can be done just about anywhere and at any time. Benefits include improved energy, increase in blood flow, improved cardiovascular health, and fat loss.