

HEART STUDIO

19th to 25th October

MON	TUES	WEDS	THURS	FRI	SAT	SUN
<u>8.45</u> Apex Cycle 45 mins		<u>8.45</u> Apex Cycle 45 mins		<u>8.45</u> Apex Cycle 45 mins	<u>8.45</u> Glute Camp 30 mins	
<u>9.45</u> HIIT 30 mins	<u>9.45</u> Apex Cycle 45 mins	<u>9.45</u> Glute Camp 30 mins	<u>9.45</u> Apex Cycle 45 mins	<u>9.45</u> Pilates 50 mins	<u>9.45</u> Apex Cycle 45 mins	<u>9.45</u> Apex Cycle 45 mins
<u>10.45</u> Core Board 45 mins	<u>10.45</u> Glute Camp 30 mins	<u>10.45</u> Core Board 45 mins	<u>10.45</u> Drums Alive 40 mins		<u>10.45</u> Core Board 45 mins	
		<u>11.45</u> Abzone 30 mins			<u>11.45</u> Abzone 30 mins	<u>11.45</u> Roll, Release & Relax 40 mins
	<u>15.45</u> Managing Menopause with Exercise 45 mins					
<u>16.15</u> Tai Chi Fan 45 mins		<u>16.15</u> Tai Chi Sword 45 mins	<u>16.15</u> Roll, Release & Relax 40 mins		<u>16.15</u> MenoFit 45 mins	
<u>17.15</u> Advanced Pilates 45 mins	<u>17.15</u> MenoFit 45 mins		<u>17.15</u> Advanced Pilates 45 mins	<u>17.15</u> Gym Blast 45 mins		
<u>18.15</u> HIIT Wheels 30 mins		<u>18.15</u> Apex Cycle 30 mins	<u>18.15</u> Core Board 30 mins			

Mindful
 Cardio
 Strength
 Dance

SOUL STUDIO

19th to 25th October

MON	TUES	WEDS	THURS	FRI	SAT	SUN
	<u>8.30</u> Step Intermediate 45 mins		<u>8.30</u> Step Intermediate 45 mins			<u>8.30</u> Step Intermediate 45 mins
<u>9.00</u> Pilates Ball 50 mins	<u>9.30</u> Legs, Bums and Tums 45 mins	<u>9.00</u> Pilates 50 mins	<u>9.30</u> Legs, Bums and Tums 45 mins	<u>9.00</u> Lift 45 mins	<u>9.00</u> Lift 45 mins	<u>9.30</u> Pilates Hoop 50 mins
<u>10.00</u> Aerobic & Tone 50 mins	<u>10.30</u> Pilates 50 mins	<u>10.00</u> Lift 45 mins	<u>10.30</u> Pilates Hoop 50 mins	<u>10.00</u> Aerobic & Tone 50 mins	<u>10.00</u> Aerobic Fat Burner 45 mins	<u>10.30</u> Dance Party 30 mins
<u>11.00</u> Dance Party 30 mins	<u>11.30</u> Dance Party 30 mins	<u>11.00</u> Aerobic Fat Burner 45 mins	<u>11.30</u> Meno Strong 45 mins	<u>11.00</u> Dance Party 30 mins	<u>11.00</u> Pilates 50 mins	<u>11.30</u> Lift 45 mins
<u>12.00</u> Meno Strong 45 mins			<u>12.30</u> Hatha Yoga 75 mins		<u>12.00</u> Pilates Ball 50 mins	
	<u>14.00</u> Candlelight Yoga 90 mins	<u>14.00</u> Pilates Ball 50 mins	<u>14.00</u> Pilates 50 mins	<u>14.00</u> Pilates 50 mins	<u>14.00</u> Yin Yoga 90 mins	<u>14.00</u> Pilates 50 mins
<u>16.00</u> Candlelight Stretch 30 mins	<u>16.00</u> Restorative Relaxation 30 mins	<u>16.00</u> Candlelight Stretch 40 mins	<u>16.00</u> Restorative Relaxation 30 mins	<u>16.00</u> Candlelight Stretch 30 mins	<u>16.00</u> Restorative Relaxation 30 mins	<u>16.00</u> Candlelight Stretch 30 mins
<u>17.00</u> Lift 45 mins	<u>17.00</u> Candlelight Stretch 25 mins	<u>17.00</u> Legs, Bums and Tums 45 mins	<u>17.00</u> Candlelight Stretch 30 mins		<u>17.00</u> Candlelight Stretch 25 mins	<u>17.00</u> Restorative Relaxation 30 mins
<u>18.00</u> Silent Candlelight Stretch 40 mins	<u>18.00</u> Lift 45 mins		<u>18.00</u> Lift 45 mins	<u>18.00</u> Silent Candlelight Stretch 40 mins	<u>18.00</u> Glo Up Dance 30 mins	<u>18.00</u> Silent Candlelight Stretch 40 mins
		<u>19.00</u> Hatha Yoga 75 mins	<u>19.00</u> HIIT 30 mins			

HOLISTIC ACTIVITIES

19th to 25th October

MON	TUES	WEDS	THURS	FRI	SAT	SUN
				10.45 Pilates Reformer 50 mins £25		
	11.45 Pilates Reformer 50 mins £25					
		12.00 The Art Of Self Reiki 60 mins £18				
14.00 Sound Bathing 40 mins £20	14.00 Pilates Reformer 50 mins £25	14.00 Pilates Reformer 50 mins £25	14.00 Pilates Reformer 50 mins £25	14.00 Pilates Reformer 50 mins £25	14.00 Pilates Reformer 50 mins £25	14.00 Pilates Reformer 50 mins £25
14.00 Pilates Reformer 50 mins £25						
				17.00 Sound Bathing 40 mins £20		

THESE SPECIALISED EXPERIENCES FOCUS ON SUPPORTING YOU AS A WHOLE PERSON, INTEGRATING PHYSICAL AND MENTAL COMPONENTS TO DELIVER THE FOLLOWING BENEFITS:

REDUCED STRESS AND ANXIETY
IMPROVED SELF-AWARENESS
ENHANCED SENSE OF WELLBEING
BETTER SLEEP QUALITY
INCREASED RESILIENCE AND COPING SKILLS

ALL SESSIONS ARE MINDFULLY CURATED AND DELIVERED BY HIGHLY SKILLED AND EXPERIENCED PRACTITIONERS, WITH LIMITED NUMBERS TO ALLOW FOR PERSONALISED GUIDANCE.



Mindful



Cardio



Strength



Dance

EXERCISE POOL

19th to 25th October

MON	TUES	WEDS	THURS	FRI	SAT	SUN
<u>9.30</u> HIIT the Water 25 mins	<u>9.30</u> HIIT the Water 25 mins	<u>9.30</u> Pilates H2O 25 mins	<u>9.30</u> HIIT the Water 25 mins	<u>9.00</u> Pilates H2O 25 mins	<u>9.30</u> HIIT the Water 25 mins	<u>9.30</u> Yoga H2O 25 mins
<u>10.30</u> Cardio Waves 25 mins	<u>10.30</u> Yoga H2O 25 mins	<u>10.30</u> HIIT the Water 25 mins	<u>10.30</u> Cardio Waves 25 mins	<u>10.00</u> Cardio Waves 25 mins	<u>10.30</u> Aqua Flex 25 mins	<u>10.30</u> Cardio Waves 25 mins
<u>11.30</u> Yoga H2O 25 mins	<u>11.30</u> Aqua Flex 25 mins	<u>11.30</u> Aqua Flex 25 mins	<u>11.30</u> Pilates H2O 25 mins	<u>11.30</u> Aqua Flex 25 mins	<u>11.30</u> Pilates H2O 25 mins	<u>11.30</u> HIIT the Water 25 mins
<u>16.00</u> Aqua Flex 25 mins	<u>16.00</u> Pilates H2O 25 mins		<u>16.00</u> Yoga H2O 25 mins	<u>16.00</u> HIIT the Water 25 mins	<u>16.00</u> Yoga H2O 25 mins	<u>16.00</u> Aqua Flex 25 mins
		<u>17.30</u> Cardio Waves 25 mins				

Please arrive 5 minutes prior to the start time as you will NOT be allowed entry once the class has begun.

To avoid disappointment, we strongly advise booking classes in advance.

Some classes will feature flashing lights, some will use headphones.

All classes and times are subject to change



Mindful



Cardio



Strength



Dance

HEART STUDIO

26th October to 1st November

MON	TUES	WEDS	THURS	FRI	SAT	SUN
<u>8.45</u> Apex Cycle 45 mins		<u>8.45</u> Apex Cycle 45 mins		<u>8.45</u> Apex Cycle 45 mins	<u>8.45</u> Glute Camp 30 mins	
<u>9.45</u> MenoFit 45 mins	<u>9.45</u> Apex Cycle 45 mins	<u>9.45</u> Glute Camp 30 mins	<u>9.45</u> Apex Cycle 45 mins	<u>9.45</u> Pilates 50 mins	<u>9.45</u> Apex Cycle 45 mins	<u>9.45</u> Apex Cycle 45 mins
<u>10.45</u> Core Board 45 mins	<u>10.45</u> Glute Camp 30 mins	<u>10.45</u> Core Board 45 mins	<u>10.45</u> MenoFit 45 mins		<u>10.45</u> Core Board 45 mins	
		<u>11.45</u> Abzone 30 mins			<u>11.45</u> Abzone 30 mins	<u>11.45</u> Roll, Release & Relax 40 mins
<u>16.15</u> Tai Chi Fan 45 mins	<u>16.15</u> Roll, Release & Relax 45 mins	<u>16.15</u> Tai Chi Sword 45 mins	<u>16.15</u> Roll, Release & Relax 40 mins	<u>16.15</u> Tai Chi 45 mins	<u>16.15</u> Roll, Release & Relax 40 mins	
<u>17.15</u> Advanced Pilates 45 mins	<u>17.15</u> Gym Blast 45 mins		<u>17.15</u> Advanced Pilates 45 mins	<u>17.15</u> Gym Blast 45 mins		
<u>18.15</u> HIIT Wheels 30 mins	<u>18.15</u> Abzone 30 mins	<u>18.15</u> Apex Cycle 30 mins	<u>18.15</u> Core Board 30 mins			

Mindful
 Cardio
 Strength
 Dance

SOUL STUDIO

26th October to 1st November

MON	TUES	WEDS	THURS	FRI	SAT	SUN
	<u>8.30</u> Step Intermediate 45 mins		<u>8.30</u> Step Intermediate 45 mins			<u>8.30</u> Step Intermediate 45 mins
<u>9.00</u> Pilates Ball 50 mins	<u>9.30</u> Legs, Bums and Tums 45 mins	<u>9.00</u> Pilates 50 mins	<u>9.30</u> Legs, Bums and Tums 45 mins	<u>9.00</u> Lift 45 mins	<u>9.00</u> Lift 45 mins	<u>9.30</u> Pilates Hoop 50 mins
<u>10.00</u> Aerobic & Tone 50 mins	<u>10.30</u> Pilates 50 mins	<u>10.00</u> Lift 45 mins	<u>10.30</u> Pilates Hoop 50 mins	<u>10.00</u> Aerobic & Tone 50 mins	<u>10.00</u> Aerobic Fat Burner 45 mins	<u>10.30</u> Dance Party 30 mins
<u>11.00</u> Dance Party 30 mins	<u>11.30</u> Dance Party 30 mins	<u>11.00</u> Aerobic Fat Burner 45 mins	<u>11.30</u> Meno Strong 45 mins	<u>11.00</u> Dance Party 30 mins	<u>11.00</u> Pilates 50 mins	<u>11.30</u> Lift 45 mins
<u>12.00</u> Meno Strong 45 mins			<u>12.30</u> Hatha Yoga 75 mins		<u>12.00</u> Pilates Ball 50 mins	
	<u>14.00</u> Candlelight Yoga 90 mins	<u>14.00</u> Pilates Ball 50 mins	<u>14.00</u> Pilates 50 mins	<u>14.00</u> Pilates 50 mins	<u>14.00</u> Yin Yoga 90 mins	<u>14.00</u> Pilates 50 mins
<u>16.00</u> Candlelight Stretch 30 mins	<u>16.00</u> Restorative Relaxation 30 mins	<u>16.00</u> Candlelight Stretch 30 mins	<u>16.00</u> Restorative Relaxation 30 mins	<u>16.00</u> Candlelight Stretch 30 mins	<u>16.00</u> Restorative Relaxation 30 mins	<u>16.00</u> Candlelight Stretch 30 mins
<u>17.00</u> Lift 45 mins	<u>17.00</u> Candlelight Stretch 25 mins	<u>17.00</u> Legs, Bums and Tums 45 mins	<u>17.00</u> Candlelight Stretch 30 mins		<u>17.00</u> Candlelight Stretch 25 mins	<u>17.00</u> Restorative Relaxation 30 mins
<u>18.00</u> Silent Candlelight Stretch 40 mins	<u>18.00</u> Lift 45 mins	<u>18.00</u> Silent Candlelight Stretch 40 mins	<u>18.00</u> Lift 45 mins	<u>18.00</u> Silent Candlelight Stretch 40 mins	<u>18.00</u> Glo Up Dance 30 mins	<u>18.00</u> Silent Candlelight Stretch 40 mins
	<u>19.00</u> Rush 30 mins	<u>19.00</u> Hatha Yoga 75 mins				

HOLISTIC ACTIVITIES

26th October to 1st November

MON	TUES	WEDS	THURS	FRI	SAT	SUN
				<u>11.00</u> Reformer 50 mins £25		
	<u>11.45</u> Reformer 50 mins £25					
		<u>12.00</u> The Art Of Self Reiki 60 mins £18		<u>12.00</u> Qigong 60 mins £18		
<u>14.00</u> Sound Bathing 40 mins £20	<u>14.00</u> Reformer 50 mins £25	<u>14.00</u> Reformer 50 mins £25	<u>14.00</u> Reformer 50 mins £25		<u>14.00</u> Reformer 50 mins £25	<u>14.00</u> Reformer 50 mins £25
<u>14.00</u> Reformer 50 mins £25						
				<u>17.00</u> Sound Bathing 40 mins £20		

THESE SPECIALISED EXPERIENCES FOCUS ON SUPPORTING YOU AS A WHOLE PERSON, INTEGRATING PHYSICAL AND MENTAL COMPONENTS TO DELIVER THE FOLLOWING BENEFITS:

REDUCED STRESS AND ANXIETY
IMPROVED SELF-AWARENESS
ENHANCED SENSE OF WELLBEING
BETTER SLEEP QUALITY
INCREASED RESILIENCE AND COPING SKILLS

ALL SESSIONS ARE MINDFULLY CURATED AND DELIVERED BY HIGHLY SKILLED AND EXPERIENCED PRACTITIONERS, WITH LIMITED NUMBERS TO ALLOW FOR PERSONALISED GUIDANCE.

Mindful
 Cardio
 Strength
 Dance

EXERCISE POOL

26th October to 1st November

MON	TUES	WEDS	THURS	FRI	SAT	SUN
<u>9.30</u> HIIT the Water 25 mins	<u>9.30</u> HIIT the Water 25 mins	<u>9.30</u> Cardio Waves 25 mins	<u>9.30</u> HIIT the Water 25 mins	<u>9.00</u> Pilates H2O 25 mins	<u>9.30</u> HIIT the Water 25 mins	<u>9.00</u> Yoga H2O 25 mins
<u>10.30</u> Cardio Waves 25 mins	<u>10.30</u> Yoga H2O 25 mins	<u>10.30</u> Pilates H2O 25 mins	<u>10.30</u> Cardio Waves 25 mins	<u>10.00</u> Cardio Waves 25 mins	<u>10.00</u> Aqua Flex 25 mins	<u>10.30</u> Cardio Waves 25 mins
<u>11.30</u> Yoga H2O 25 mins	<u>11.30</u> Aqua Flex 25 mins	<u>11.30</u> HIIT the Water 25 mins	<u>11.30</u> Pilates H2O 25 mins	<u>11.30</u> Aqua Flex 25 mins	<u>11.30</u> Pilates H2O 25 mins	<u>11.30</u> HIIT the Water 25 mins
<u>16.00</u> Aqua Flex 25 mins	<u>16.00</u> Pilates H2O 25 mins	<u>16.00</u> Aqua Flex 25 mins	<u>16.00</u> Yoga H2O 25 mins	<u>16.00</u> HIIT the Water 25 mins		<u>16.00</u> Aqua Flex 25 mins
					<u>17.30</u> Cardio Waves 25 mins	

Please arrive 5 minutes prior to the start time as you will NOT be allowed entry once the class has begun.

To avoid disappointment, we strongly advise booking classes in advance.

Some classes will feature flashing lights, some will use headphones.

All classes and times are subject to change



Mindful



Cardio



Strength



Dance

HEART STUDIO

2nd to 8th November

MON	TUES	WEDS	THURS	FRI	SAT	SUN
<u>8.45</u> Apex Cycle 45 mins		<u>8.45</u> Apex Cycle 45 mins		<u>8.45</u> Apex Cycle 45 mins	<u>8.45</u> Apex Cycle 45 mins	
<u>9.45</u> HIIT 30 mins	<u>9.45</u> Apex Cycle 45 mins	<u>9.45</u> Glute Camp 30 mins	<u>9.45</u> Apex Cycle 45 mins	<u>9.45</u> Pilates 50 mins	<u>9.45</u> Glute Camp 30 mins	<u>9.45</u> Apex Cycle 45 mins
<u>10.45</u> Core Board 45 mins		<u>10.45</u> Core Board 45 mins	<u>10.45</u> Drums Alive 40 mins		<u>10.45</u> Core Board 45 mins	
		<u>11.45</u> Abzone 30 mins			<u>11.45</u> Abzone 30 mins	<u>11.45</u> Roll, Release & Relax 40 mins
<u>16.15</u> Tai Chi Fan 45 mins	<u>16.15</u> Roll, Release & Relax 45 mins	<u>16.15</u> Tai Chi Sword 45 mins	<u>16.15</u> Roll, Release & Relax 40 mins	<u>16.15</u> Tai Chi 45 mins	<u>16.15</u> Roll, Release & Relax 40 mins	
<u>17.15</u> Advanced Pilates 45 mins	<u>17.15</u> Gym Blast 45 mins		<u>17.15</u> Advanced Pilates 45 mins	<u>17.00</u> Gym Blast 45 mins		
<u>18.15</u> HIIT Wheels 30 mins	<u>18.15</u> Abzone 30 mins	<u>18.15</u> Apex Cycle 30 mins				

Mindful
 Cardio
 Strength
 Dance

SOUL STUDIO

2nd to 8th November

MON	TUES	WEDS	THURS	FRI	SAT	SUN
	<u>8.30</u> Step Intermediate 45 mins		<u>8.30</u> Step Intermediate 45 mins			<u>8.30</u> Step Intermediate 45 mins
<u>9.00</u> Lift 45 mins	<u>9.30</u> Legs, Bums and Tums 45 mins	<u>9.00</u> Pilates 50 mins	<u>9.30</u> Legs, Bums and Tums 45 mins	<u>9.00</u> Lift 45 mins	<u>9.00</u> Lift 45 mins	<u>9.30</u> Pilates Hoop 50 mins
<u>10.00</u> Aerobic & Tone 50 mins	<u>10.30</u> Pilates 50 mins	<u>10.00</u> Lift 45 mins	<u>10.30</u> Pilates Hoop 50 mins	<u>10.00</u> Aerobic & Tone 50 mins	<u>10.00</u> Aerobic Fat Burner 45 mins	<u>10.30</u> Dance Party 30 mins
<u>11.00</u> Chair Yoga 45 mins	<u>11.30</u> Dance Party 30 mins	<u>11.00</u> Aerobic Fat Burner 45 mins	<u>11.30</u> Lift 45 mins	<u>11.00</u> Dance Party 30 mins	<u>11.00</u> Pilates 50 mins	<u>11.30</u> Lift 45 mins
<u>12.00</u> Pilates Ball 50 mins			<u>12.30</u> Hatha Yoga 75 mins		<u>12.00</u> Pilates Ball 50 mins	
	<u>14.00</u> Candlelight Yoga 75 mins	<u>14.00</u> Pilates Ball 50 mins	<u>14.00</u> Pilates 50 mins	<u>14.00</u> Pilates 50 mins	<u>14.00</u> Yin Yoga 90 mins	
<u>16.00</u> Candlelight Stretch 40 mins	<u>16.00</u> Restorative Relaxation 30 mins	<u>16.00</u> Candlelight Stretch 30 mins	<u>16.00</u> Restorative Relaxation 30 mins	<u>16.00</u> Candlelight Stretch 30 mins	<u>16.00</u> Restorative Relaxation 30 mins	<u>16.00</u> Candlelight Stretch 30 mins
<u>17.00</u> Lift 45 mins	<u>17.00</u> Candlelight Stretch 25 mins	<u>17.00</u> Legs, Bums and Tums 45 mins	<u>17.00</u> Candlelight Stretch 30 mins		<u>17.00</u> Candlelight Stretch 25 mins	<u>17.00</u> Restorative Relaxation 30 mins
	<u>18.00</u> Lift 45 mins	<u>18.00</u> Silent Candlelight Stretch 40 mins	<u>18.00</u> Lift 45 mins	<u>18.00</u> Silent Candlelight Stretch 40 mins	<u>18.00</u> Glo Up Dance 30 mins	<u>18.00</u> Silent Candlelight Stretch 40 mins
		<u>19.00</u> Hatha Yoga 75 mins	<u>19.00</u> HIIT 30 mins			

THESE SPECIALISED EXPERIENCES FOCUS ON SUPPORTING YOU AS A WHOLE PERSON, INTEGRATING PHYSICAL AND MENTAL COMPONENTS TO DELIVER THE FOLLOWING BENEFITS:

- REDUCED STRESS AND ANXIETY
- IMPROVED SELF-AWARENESS
- ENHANCED SENSE OF WELLBEING
- BETTER SLEEP QUALITY
- INCREASED RESILIENCE AND COPING SKILLS

ALL SESSIONS ARE MINDFULLY CURATED AND DELIVERED BY HIGHLY SKILLED AND EXPERIENCED PRACTITIONERS, WITH LIMITED NUMBERS TO ALLOW FOR PERSONALISED GUIDANCE.

MON	TUES	WEDS	THURS	FRI	SAT	SUN
	10.45 Reformer 50 mins £25			10.45 Reformer 50 mins £25		
				11.45 Reformer 50 mins £25		
		12.00 The Art Of Self Reiki 60 mins £18		12.00 Qigong 60 mins £18		
14.00 Sound Bathing 40 mins £20		14.00 Reformer 50 mins £25			14.00 Reformer 50 mins £25	14.00 Reformer 50 mins £25
14.00 Reformer 50 mins £25						
	15.00 Reformer 50 mins £25		15.00 Reformer 50 mins £25			
				17.00 Sound Bathing 40 mins £20		

EXERCISE POOL

2nd to 8th November

MON	TUES	WEDS	THURS	FRI	SAT	SUN
<u>9.30</u> HIIT the Water 25 mins	<u>9.00</u> HIIT the Water 25 mins	<u>9.30</u> Cardio Waves 25 mins	<u>9.30</u> HIIT the Water 25 mins	<u>9.00</u> Pilates H2O 25 mins	<u>9.00</u> HIIT the Water 25 mins	<u>9.30</u> Cardio Waves 25 mins
<u>10.30</u> Yoga H2O 25 mins		<u>10.30</u> Pilates H2O 25 mins	<u>10.30</u> Aqua Flex 25 mins	<u>10.30</u> Cardio Waves 25 mins	<u>10.30</u> Aqua Flex 25 mins	<u>10.30</u> Yoga H2O 25 mins
<u>11.30</u> Cardio Waves 25 mins	<u>11.30</u> Aqua Flex 25 mins	<u>11.30</u> HIIT the Water 25 mins	<u>11.30</u> Pilates H2O 25 mins	<u>11.30</u> Aqua Flex 25 mins	<u>11.30</u> Cardio Waves 25 mins	<u>11.30</u> HIIT the Water 25 mins
<u>16.00</u> Aqua Flex 25 mins	<u>16.00</u> Pilates H2O 25 mins	<u>16.00</u> Aqua Flex 25 mins		<u>16.00</u> HIIT the Water 25 mins	<u>16.00</u> Yoga H2O 25 mins	<u>16.00</u> Aqua Flex 25 mins
			<u>17.30</u> Cardio Waves 25 mins			

Please arrive 5 minutes prior to the start time as you will NOT be allowed entry once the class has begun.

To avoid disappointment, we strongly advise booking classes in advance.

Some classes will feature flashing lights, some will use headphones.

All classes and times are subject to change

Suitable footwear is required for the majority of our classes

