

HEART STUDIO

12th to 18th October

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



Mindful



Cardio



Strength



Dance

SOUL STUDIO

12th to 18th October

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

HOLISTIC SESSIONS

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.

TIME	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 50 mins £18		Qigong 60 mins £18		
14.00	Sound Bathing 40 mins £20		Pilates Reformer 50 mins £25	Pilates Reformer 50 mins £25	Pilates Reformer 50 mins £25	Pilates Reformer 50 mins £25	Pilates Reformer 50 mins £25
	Pilates Reformer 50 mins £25						
17.00					Sound Bathing 40 mins £20		

EXERCISE POOL

12th to 18th October

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
9.30	HIIT the Water 25 mins	HIIT the Water 25 mins	Cardio Waves 25 mins	HIIT the Water 25 mins	Pilates H2O 25 mins		Yoga H2O 25 mins
10.30	Cardio Waves 25 mins	Yoga H2O 25 mins	Pilates H2O 25 mins	Cardio Waves 25 mins	Cardio Waves 25 mins	Aqua Flex 25 mins	Cardio Waves 25 mins
11.30	Aqua Dance 25 mins	Aqua Flex 25 mins		Pilates H2O 25 mins	Aqua Flex 25 mins	Pilates H2O 25 mins	Aqua Flex 25 mins
16.00	Aqua Flex 25 mins	Pilates H2O 25 mins	Aqua Flex 25 mins	Yoga H2O 25 mins	HIIT the Water 25 mins	Yoga H2O 25 mins	
17.30							HIIT the Water 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 also feature flashing lights.

All classes and times are subject to change



Mindful



Cardio



Strength



Dance

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

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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			

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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		

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Mindful
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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	

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