HEART STUDIO

9th to 15th November

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

Mindful Cardio Strength Dance

SOUL STUDIO

9th to 15th November

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

HOLISTIC ACTIVITES

9th to 15th November

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		
	11.45 Reformer 50 mins £25					
		12.00 The Art Of Self Reiki 60 mins £20		**12.00** Qigong 60 mins £20		
14.00 Sound Bathing 40 mins £22	**14.00** Reformer 50 mins £25	**14.00** Reformer 50 mins £25	**14.00** Reformer 50 mins £25	**14.00** Reformer 50 mins £25	**14.00** Reformer 50 mins £25	**14.00** Reformer 50 mins £25
14.00 Reformer 50 mins £25						
				17.00 Sound Bathing 40 mins £22		

EXERCISE POOL

9th to 15th November

MON	TUES	WEDS	THURS	FRI	SAT	SUN
9.30 HIIT the Water 25 mins	**9.00** HIIT the Water 25 mins	**9.30** Cardio Waves 25 mins	**9.30** Pilates H20 25 mins	**9.30** Pilates H20 25 mins		**9.00** Yoga H20 25 mins
10.30 Yoga H20 25 mins		**10.30** HIIT the Water 25 mins	**10.30** Cardio Waves 25 mins	**10.30** Cardio Waves 25 mins	**10.00** Aqua Flex 25 mins	**10.00** Cardio Waves 25 mins
11.30 Aqua Flex 25 mins	**11.30** Aqua Flex 25 mins	**11.30** Pilates H20 25 mins	**11.30** HIIT the Water 25 mins	**11.30** Aqua Flex 25 mins	**11.30** Pilates H20 25 mins	**11.30** HIIT the Water 25 mins
	16.00 Pilates H20 25 mins	**16.00** Aqua Flex 25 mins	**16.00** Yoga H20 25 mins	**16.00** HIIT the Water 25 mins	**16.00** Yoga H20 25 mins	**16.00** Aqua Flex 25 mins
17.30 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

Mindful Cardio Strength Dance

HEART STUDIO

16th to 22nd November

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

Mindful Cardio Strength Dance

SOUL STUDIO

16th to 22nd November

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

HOLISTIC ACTIVITES

16th to 22nd November

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REDUCED STRESS AND ANXIETY
IMPROVED SELF-AWARENESS
ENHANCED SENSE OF WELLBEING
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MON	TUES	WEDS	THURS	FRI	SAT	SUN
				10.45 Reformer 50 mins £25		
	11.45 Reformer 50 mins £25					
		12.00 The Art Of Self Reiki 60 mins £20		**12.00** Qigong 60 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		**14.00** Reformer 50 mins £25	**14.00** Reformer 50 mins £25
				17.00 Sound Bathing 40 mins £22		

Mindful Cardio Strength Dance

EXERCISE POOL

16th to 22nd November

MON	TUES	WEDS	THURS	FRI	SAT	SUN
9.30 HIIT the Water 25 mins	**9.30** HIIT the Water 25 mins	**9.30** Cardio Waves 25 mins	**9.30** HIIT the Water 25 mins	**9.30** Pilates H20 25 mins	**9.30** HIIT the Water 25 mins	**9.30** Yoga H20 25 mins
10.30 Cardio Waves 25 mins	**10.30** Yoga H20 25 mins	**10.30** Pilates H20 25 mins	**10.30** Cardio Waves 25 mins	**10.30** Cardio Waves 25 mins	**10.30** Aqua Flex 25 mins	**10.30** Cardio Waves 25 mins
11.30 Yoga H20 25 mins	**11.30** Aqua Flex 25 mins	**11.30** Yoga H2O 25 mins	**11.30** Pilates H20 25 mins	**11.30** Aqua Flex 25 mins	**11.30** Pilates H20 25 mins	**11.30** HIIT the Water 25 mins
16.00 Aqua Flex 25 mins	**16.00** Pilates H20 25 mins		**16.00** Yoga H20 25 mins	**16.00** HIIT the Water 25 mins	**16.00** Yoga H20 25 mins	**16.00** Aqua Flex 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 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

Mindful Cardio Strength Dance

HEART STUDIO

23rd to 29th November

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

Mindful Cardio Strength Dance

SOUL STUDIO

23rd to 29th November

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

23rd to 29th November

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14.00 Sound Bathing 40 mins £22	**14.00** Reformer 50 mins £25	**14.00** Reformer 50 mins £25	**14.00** Reformer 50 mins £25	**14.00** Reformer 50 mins £25	**14.00** Reformer 50 mins £25	**14.00** Reformer 50 mins £25
14.00 Reformer 50 mins £25						
				17.00 Sound Bathing 40 mins £22		

Mindful Cardio Strength Dance

EXERCISE POOL

23rd to 29th November

MON	TUES	WEDS	THURS	FRI	SAT	SUN
9.30 Aqua Flex 25 mins	**9.30** HIIT the Water 25 mins	**9.30** Cardio Waves 25 mins	**9.30** HIIT the Water 25 mins	**9.30** Aqua Flex 25 mins		**9.00** Yoga H20 25 mins
10.30 Cardio Waves 25 mins	**10.30** Yoga H20 25 mins	**10.30** Pilates H20 25 mins	**10.30** Cardio Waves 25 mins	**10.30** Cardio Waves 25 mins	**10.00** HIIT the Water 25 mins	**10.00** Cardio Waves 25 mins
11.30 Yoga H20 25 mins	**11.30** Aqua Flex 25 mins	**11.30** HIIT the Water 25 mins	**11.30** Pilates H20 25 mins	**11.30** Pilates H20 25 mins	**11.30** Pilates H20 25 mins	**11.30** HIIT the Water 25 mins
	16.00 Pilates H20 25 mins	**16.00** Aqua Flex 25 mins	**16.00** Yoga H20 25 mins	**16.00** HIIT the Water 25 mins	**16.00** Yoga H20 25 mins	**16.00** Aqua Flex 25 mins
17.30 HIIT the Water 25 mins						

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