

The Wellness Suite Timetable

MONDAY	
Time	Class
07.00	Metacircuits
09.15	Pilates - Beginners
10.30	Pilates - Improvers
12.00	Holistic Core
19.00	Holistic Core
20.00	Metacircuits

WEDNESDAY	
Time	Class
07.00	Active ARKE
09.30	Holistic Core
10.30	Rock 'N' Roller
12.00	Fit & Functional
17.30	Holistic Core
19.00	Pilates - Beginners
20.00	Pilates - Beginners

FRIDAY	
Time	Class
07.00	TRX Total Body
09.30	Stretch & Flex
10.30	Pilates - Improvers
11.30	Pilates - Beginners
13.00	TRX Total Body

TUESDAY	
Time	Class
07.00	Holistic Core
09.30	Fit & Functional
12.30	Metacircuits
19.00	Fit & Functional

THURSDAY	
Time	Class
07.30	Stretch & Flex
09.30	TRX - TotalBody
10.30	Stretch & Flex
18.30	TRX Total Body

SATURDAY	
Time	Class
09.00	Active ARKE
10.30	Holistic Core

SUNDAY	
Time	Class
10.00	Metacircuits

KEY
Wellbeing
Strength/Conditioning
School of Pilates (£)

Maximum class numbers apply

Bookable 6 days in advance

All classes 30 minutes except; Rock 'N'Roller (45 minutes) and Pilates (60 minutes)

Pilates runs as a 6 week course at an additional cost

Class Descriptions

Wellbeing

Stretch & Flex

A holistic style class that will lengthen muscles, realign balance and teach you ways to maximise the flexibility of your body.

Holistic Core

A holistic approach to an 'ab' class. This unique class will increase core stability, improve posture and general wellbeing.

Rock 'N' Roller

A unique Self Myofascial Release (SMR) class using tools like foam rollers and massage balls. Great for mobility and muscular balance. Contraindications apply. Please speak to a coach for further details. Classes are 45 minutes.

Pilates (£)

Pilates is a form of functional fitness, designed to improve the quality of everyday life as well as being used for rehabilitation and injury prevention. The aim of the class is to combine strengthening and lengthening the whole body to re-align any muscular imbalances, improve balance, flexibility, posture and alleviate tension. Pilates runs as a course. Please speak to a coach for further details. Pilates classes are 60 minutes.

Strength & Conditioning

Active ARKE

A 3-dimensional 'circuit' style class that showcases the Technogym ARKE equipment. This class will develop your fitness levels, whilst improving flexibility, balance and co-ordination.

Fit & Functional

Our signature circuits class, Fit & Functional incorporates carefully selected exercises from all of our classes. A great all-rounder and suitable for all levels.

TRX - TotalBody

This class uses TRX equipment to improve strength and flexibility. TotalBody class works your whole body and is safe and effective for all fitness levels.

Metacircuits

This high energy class is made up of exercises which mirror everyday actions, teaching you how to be stronger and more flexible. Metacircuits combines exercises to improve agility and balance, with resistance and weight bearing elements. It will help to combat muscle wastage and loss of bone density, as well as protecting joints and improving general fitness.