

fast classes

NEW MyZone led intensive classes!

Grab your MyZone belt and jump into the all new 15 minute fast classes! You'll be working around the 5 different training effort zones in these quick Gym Floor classes.



Please bring your belt along or sign one out at Reception 5 minutes before the class starts.

Monday

09:00 - 09:15
11:00 - 11:15
15:00 - 15:15
19:00 - 19:15

- Cardio Interval
Total Core
- Functional Rig
Stretch

Tuesday

09:00 - 09:15
11:00 - 11:15
15:00 - 15:15
19:00 - 19:15

- Functional Rig
- Functional Circuits
- Bodyweight HIIT
- Cardio Interval

Wednesday

09:00 - 09:15
11:00 - 11:15
15:00 - 15:15
19:00 - 19:15

- REPS Weight Circuit
- Functional Rig
- Bodyweight HIIT
Total Core

Thursday

09:00 - 09:15
11:00 - 11:15
15:00 - 15:15
19:00 - 19:15

- Bodyweight HIIT
- Cardio Interval
- Functional Rig
Stretch

Friday

09:00 - 09:15
11:00 - 11:15
15:00 - 15:15
19:00 - 19:15

- Stretch
- Cardio Interval
- REPS Weight Circuit
- Functional Circuits

Saturday

10.00-10.15
12.00-12.15

- Functional Circuits
- Cardio Interval

Sunday

10.00-10.15
12.00-12.15
16.00-16.15

- Cardio Interval
- Functional Rig
- Functional Circuits



Ask a member of the Gym Team for more information.