

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
- Circuits
- Stretch
- Bodyweight HIIT

Tuesday

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

- Total Core
- Circuits
- Stretch
- Bodyweight HIIT

Wednesday

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

- Bodyweight HIIT
- Stretch & Foam Roll
- Circuits
- Total Core

Thursday

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

- Total Core
- Circuits
- Bodyweight HIIT
- Circuits

Friday

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

- Circuits
- Bodyweight HIIT
- Total Core
- Stretch

Saturday

10.00-10.15
12.00-12.15

- Body Weight HIIT
- Stretch

Sunday

10.00-10.15
12.00-12.15

- Circuits
- Stretch



Ask a member of the Gym Team for more information.