



Sample Day

(Weekday)

7.45am - 8.45am: Morning Walk

10.00am - 10.15am: Morning Mindfulness

10.30am - 11.15am: Strength/Flexibility Class

11.30am-12.00pm: Cardio Class

11.30am - 12.15pm: Flexibility class

12.15pm - 12.45pm - Aqua

2.00pm - 2.15pm: Midday Mindfulness

2.20pm - 3.00pm: Afternoon Walk

2.30pm - 3.00pm: Cardio Class

3.15pm - 3.45pm: - Core Class

4.15pm - 5.00pm: Flexibility Class

5.15pm - 5.45pm: Workshop

6.00pm - 6.30pm: Games

8.15pm - 8.45pm: Restorative Entertainment



Cardio Classes

HIIT

High Intensity Interval Training. 20 seconds of giving everything you've got, to earn 10 seconds rest in between exercises!

Indoor Bootcamp

Bootcamp style! Using equipment and body weight moves to challenge your limits.

Box Fit

Based on the training used for boxing, including skipping, boxing drills, footwork, pad work and abdominal exercises.

Conditioning

With a range of exercise techniques that includes aerobics, floor work, weights and resistance training, you're guaranteed a varied class that will hit those areas that other workouts miss.

What is cardio?

A cardio based class can be anything that raises the heart rate and gets the lungs working hard.

These sort of classes usually get you breathing fast and feeling sweaty.



Strength Classes

Weights

Build strength, endurance and stamina using various equipment, it could be a barbell, dumbbells, kettlebells or plates!

Core

This class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles and increase flexibility.

What is Strength training?

Any exercise that causes the muscles to contract against an external resistance.

Expect to feel the burn in the muscles rather than the lungs.

Water based Classes

Aqua Aerobics

Moving in water allows for less strain on the joints and more mobility to be found. A high cardio, low impact pool party!

What is a water based class?

Aquatic exercise is a low-impact activity that takes the pressure off your bones, joints and muscles. Water also offers natural resistance, which can help strengthen your muscles.

Aqua is for everyBODY!



Flexibility Classes

Yoga

HATHA - The most widely practiced form of yoga and is often referred to as basic yoga. Simple, slow paced, ideal for beginners.

VINYASA - Focus on flow, aims to synchronise your body movements with your breath, smooth transitioning through poses on an inhale or exhale.

Intro to Aerial (from August 22) - Aerial yoga is a type of yoga which uses a hammock to allow students to perform postures that they may not ordinarily be able to attempt on a mat. It combines traditional yoga with moves inspired by pilates, dance and acrobatics.

Kundalini - Focusing on the root chakra around the lower spine and involves lots of core work. One of the more spiritual styles of yoga and includes lots of breathing exercises, chants and meditations.

Experience - immerse yourself in this 90 minute class, gentle movements, breathwork and meditation.

Stretch

Stretching is just as important as cardio and weight training. We work on increasing mobility and flexibility, realigning and releasing tension.

Pilates

Fundamental Pilates techniques applied to the body to restore alignment and posture whilst finding strength by isolating the muscles.

What is flexibility?

It's about working into a range of movement in the joints and muscles. Lengthening and aligning to allow us to move more freely.



ADDITIONAL WELLNESS SERVICES

Mindfulness

Our sessions aim to educate on how different breathing practices and meditations can bring a state of mindfulness and relaxation in just 15 minutes. They are held each day in the Dome.

Workshops

Our interactive workshops are centered on giving insight into a variety of topics and open up a conversation around the subject.

1-2-1 sessions

If classes are not for you, or you feel you need a little extra attention, why not book a 1-2-1 session with one of our wellness coaches?

we offer a range to suit everyone:

- Personal Training
- Wellness coaching
- Mind and Meditation
- Bespoke healing
- Breathwork
- Yoga
- Pilates
- Boxing
- Card readings

Listening room

Non judgmental space to talk and explore with a professional.

Swimming lessons

Learning to swim is a great way to maintain a healthy lifestyle or learn a new life skill.

Life coaching

Aiming to motivate and support to create confidence in building goals for the present and the future.

Sports massage

Manipulation of soft tissue. To assist in correcting problems and imbalances in the body



Sample Week

Monday

7.45am - 8.45am: Morning Walk
10.00am - 10.15am: Mindfulness- D
10.45am - 11.15am: Yoga Stretch - ST
11.30am - 12.00pm: Box Fit - ST
12.15pm-12.45pm: Aqua Aerobics - p
2.00pm - 2.15pm: Mindfulness -D
2.20pm - 3.00pm: Afternoon Walk
2.30pm - 3.00pm: Bootcamp -ST
3.15pm - 3.45pm: Core - ST
4.15pm - 5.15pm: Pilates - ST
5.30pm - 6.00pm: Mental Health- D
6.15pm - 6.45pm: Games - L
8.00pm - 8.45pm: Relaxation- ST

Tuesday

7.45am - 8.45am: Morning Walk
10.00am - 10.15am: Mindfulness- D
10.30am - 11.15am: Pilates - ST
11.30am - 12.00pm - HIIT - ST
12.15pm-12.45pm: Aqua Aerobics - p
2.00pm - 2.15pm: Mindfulness -D
2.20pm - 3.00pm: Afternoon Walk
2.30pm - 3.00pm: Conditioning -ST
3.15pm - 3.45pm: Core - ST
4.15pm - 5.00pm: Yoga Vinyasa - ST
5.15pm - 5.45pm: Intro to Ayurveda- L
6.00pm - 6.30pm: Games - L
8.15pm - 8.45pm: Sound Bath- ST

Wednesday

7.45am - 8.45am: Morning Walk
10.00am - 10.15am: Mindfulness- D
10.30am - 11.15am: Conditioning- ST
11.30am - 12.00pm - Bootcamp - ST
12.15pm-12.45pm: Aqua Aerobics - p
2.00pm - 2.15pm: Mindfulness -D
2.20pm - 3.00pm: Afternoon Walk
2.30pm - 3.00pm: HIIT -ST
3.15pm - 3.45pm: Core - ST
4.15pm - 4.45pm: Stretch - ST
5.15pm - 6.00pm: Goal Setting - L
6.15pm - 6.45pm: Games - L
8.15pm - 8.45pm: - Mindset - L

Thursday

7.45am - 8.45am: Morning Walk
10.00am - 10.15am: Mindfulness- D
10.30am - 11.15am: Pilates - ST
11.30am - 12.00pm - HIIT - ST
12.15pm-12.45pm: Aqua Aerobics - p
2.00pm - 2.15pm: Mindfulness -D
2.20pm - 3.00pm: Afternoon Walk
2.30pm - 3.00pm: Box Fit -ST
3.15pm - 3.45pm: Core - ST
4.15pm - 4.45pm: Stretch - ST
5.15pm - 5.45pm: Intro to Spirituality- L
18.00 - 18.30: Games - L
8.15pm - 8.45pm: Spiritual Meditation - D

Friday

7.45am - 8.45am: Morning Walk
10.00am - 10.15am: Mindfulness- D
10.30am - 11.15am: Pilates - ST
11.30am - 12.00pm - Weights - ST
12.15pm-12.45pm: Aqua Aerobics - p
2.00pm - 2.15pm: Mindfulness -D
2.20pm - 3.00pm: Afternoon Walk
2.30pm - 3.00pm: Box FIT -ST
3.15pm - 3.45pm: Core - ST
4.15pm - 5.00pm: Yoga Vinyasa - ST
5.15pm - 5.45pm: Intro to crystals - D
18.00 - 18.30: Games - L
8.15pm - 8.45pm: Oracle Readings- L

Saturday

7.45am - 8.45am: Morning Walk
10.00am - 10.15am: Mindfulness - D
10.30am - 11.00am: Weights- ST
11.30am - 12.00pm: Box Fit - ST
12.15pm - 12.45pm - Aqua - P
2.00pm - 2.15pm: Mindfulness -D
2.20pm - 3.00pm: Afternoon Walk
2.30pm - 3.00pm: HIIT -ST
3.15pm - 3.45pm: Core- ST
4.15pm - 5.15pm: Yoga Hatha- ST
5.30pm - 6.00pm: Chakra Workshop - ST
6:15pm - 7:00pm: Sound Bath - ST
8.00-8.30pm: Breathwork - D

Sunday

7.45am - 8.45am: Morning Walk
10.00am - 10.15am - Morning Mindfulness - D
10.30am - 11.30am: Yoga- ST
11.45am - 12.15pm: Aqua - P
12.30pm - 13.00pm: Selflove workshop - D
2.00pm - 2.15pm: Meridian Mindfulness -D
2:20pm - 3:00pm: Afternoon Walk
3.15pm - 3.45pm: Bootcamp- ST
4.15pm - 4.45pm: Stretch- ST
5.00pm-5.30pm: Nutrition
Workshop - L

D = Dome
ST = Studio
P - Pool
O - Outdoors
L - Lounge

Exercise classes are on a first come, first serve basis.

Maximum capacity is 12 people