Canary WharfClass Schedule

THIRD

SPACE

	Wionu	ау			Tuesuay				Wettilest	шау			mursua	ıy			Filday				Saturua	y	
6	:15 The WOD	Andy	Canada	6:15	Formula 3	Danny	Canada	6:15	Formula 3	Danny	Canada	6:15	LGA	Andy	Canada	7:00	Vinyasa Yoga	David	M&B	8:05	Yard WOD	Andy	Yard
7:	oo Yard WOD	Alex R	Yard	7:00	Yard WOD	Andy	Yard	6:30	Metaburn	Daisy	Bank	6:45	Hardcore Cycle	Craig	Cycle	7:00	Yard WOD	Alex R	Yard	8:15	Formula 3	Alex R	Canada
7:	oo Vinyasa Yoga	David	M&B	7:00	Dynamic Pilates	Vivianne	M&B	7:00	Yard WOD	Kate	Yard	7:00	Yard WOD	Kate	Yard	7:15	Lift	Daisy	Canada	8:30	Step	Leanne	Bank
7	:15 Lift	Andy	Canada	7:15	Extreme	Danny	Canada	7:00	Vinyasa Yoga	Amanda	M&B	7:00	Vinyasa Yoga	David	M&B	6:45	Poweride	Vicki	Cycle	9:00	Yard WOD	Andy	Yard
	20 Speed Fiends	Emma K	Woodways		Boxing	Stefan	Combat		The WOD	Danny	Canada	7:15	The WOD	Andy	Canada		Yard WOD	Alex R	Yard		Vinyasa Yoga	-	M&B
			-	7:30	-					-				-	Combat				M&B				
	45 Just Ride	Susie	Cycle	6:45	Hardcore Cycle	Char	Cycle		Extreme	Daisy	Bank	7:30	Boxing	Stefan			Hatha Yoga	David			Formula 3		Canada
	00 Yard Kettlebells	Alex R	Yard	8:00	Yard WOD	Andy	Yard		Poweride	Stacey	Cycle	8:00		Kate	Yard	9:20	Sweat X	Alex R	Woodways		Force		Bank
8:	oo Hatha Yoga	David	M&B	8:15	Formula 3	Danny	Canada	8:00	Yard Kettlebells	Kate	Yard	8:00	Hatha Yoga	David	M&B					9:30	Boxing FDM	Natalie G	Combat
8	:15 Formula 3	Andy	Canada	9:00	Yard Kettlebells	Andy	Yard	8:15	Formula 3	Danny	Canada	8:15	Formula 3	Andy	Canada					9:45	Hardcore Cycle	Craig	Cycle
9:	20 Speed Fiends	Alex R	Woodways	9:20	Sweat X	Danny	Woodways	9:20	Speed Fiends	Danny	Woodways									10:00	Yard Kettlebells	Andy	Yard
																				10:00	Vinyasa Yoga	David	M&B
-																				10:15	The WOD	Alex R	Canada
12	:00 Yard WOD	Andy	Yard	11:00	Yard WOD	Andy	Yard	11:00	Yard WOD	Kate	Yard	11:00	Yard WOD	Andy	Yard	12:00	Yard WOD	Alex R	Yard		Speed Fiends	Emma	Woodways
	2:15 Formula 3	Alex R	Canada	12:00	Yard WOD	Andy	Yard		Yard WOD	Kate	Yard		Yard WOD	Andy	Yard		Dynamic Pilates	Veronique			The Method		Bank
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	:30 Method	Vicki	Bank	12:00	Dynamic Pilates	Vivianne	M&B		Force	Vicki	Canada		Vinyasa Yoga	Jamie	M&B		Force	Nat L	Canada		Boxing	Natalie G	
	:30 Boxing	Nat G	Combat	12:15	The WOD	Sally	Canada	-	LGA	Danny	Bank		The WOD	Kate	Canada		Hardcore Cycle	Channah				-	Cycle
12	:45 Hardcore Cycle	Susie	Cycle	12:30	LGA	Danny	Bank	12:45	Poweride	Stacey	Cycle	12:30	Boxing	Natalie G	Combat	13:05	Sweat X	Alex R	Woodways		Hatha Yoga	David	M&B
13	:00 Yin Yoga	Meg	M&B	12:45	Just Ride	Susie	Cycle	13:00	Hatha Yoga	Amanda	M&B	12:45	Just Ride	Vicki	Cycle	13:00	Pulse	Rachel	Bank	11:15	Lift	Andy	Canada
13	:15 Formula 3	Alex R	Canada					13:15	Metaburn	Sally	Canada	13:15	Lift	Kate	Canada					11:20	Sweat X	Emma	Woodways
13	:30 Zumba	Louisa	Bank									13:15	Yard Kettlebells	Sally	Yard					11:30	Zumba	Louisa	Bank
																				11:45	Just Ride	Craig	Cycle
																				12:00	Yard XL	Alex R	Yard
-																					The WOD		Canada
-6	:00 Yard WOD	Airida	Yard	16:00	Yard WOD	Alex R	Yard	46000	Yard Kettlebells	Sally	Yard	46100	TRX MAX	Sally	Functional	46:00	Yard WOD	Daisy	Yard		Sweat X		Woodways
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	:00 Yard WOD	Airida	Yard	16:20	Sweat X	Faisal	Woodways		Yard WOD	Sally	Yard		Yard WOD	David C	Yard		Yard Kettlebells	Daisy	Yard		Zumba		Bank
	:45 Just Ride	Channah	Cycle	17:00	Yard WOD	Alex R	Yard		Force	Natalie L	Canada		Formula 3	Sally	Canada	17:00	Hatha Yoga	Suzan	M&B	13:00	Yard Kettlebells		Yard
18	:00 Yard WOD	Daisy	Yard	17:00	Hatha Yoga	Ruben	M&B	17:30	Boxing	Natalie G	Combat	17:45	Poweride	Vicki	Cycle	17:15	Metaburn	Nat L	Canada	13:00	Classical Pilates	Clara P	M&B
18	:00 Dynamic Pilates	Marie J	M&B	17:15	Core 45	Sally	Canada	17:30	Zumba	Louisa	Bank	18:00	Yard WOD	David C	Yard	17:45	Hardcore Cycle	Channah	Cycle	13:15	The WOD	Emma K	Canada
18	3:15 The WOD	Airida	Canada	17:30	Boxing FDM	Natalie G	Combat	17:45	Hardcore Cycle	Vicki	Cycle	18:00	Rocket Yoga	Peace	M&B	18:00	Vinyasa Yoga	Suzan	M&B	14:00	Yard WOD	David C	Yard
18	:30 Force	Natalie L	Bank	17:30	Metaburn	Vicki	Bank	18:00	Yard WOD	Sally	Yard	18:15	Metaburn	Sally	Canada	18:15	Force	Nat L	Canada	14:00	Dynamic Pilates	Clara P	M&B
18	:30 Kickboxing	Madlen	Combat	17:45	Poweride	Susie	Cycle	18:00	Yin Yoga	Sharon	M&B	18:30	Kickboxing	Stefan	Combat	19:00	Yin Yoga	Suzan	M&B	15:00	Yard WOD	David C	Yard
18	:45 Hardcore Cycle	Channah	Cycle	18:00	Yard WOD	Faisal	Yard	18:15	Extreme	Natalie L	Canada	10:00	Yin Yoga	Peace	M&B								
	:00 Yard Kettlebells	Daisy	Yard	18:00	Vinyasa Yoga	Ruben	M&B		Boxing	Nat G	Combat		The WOD	Sally	Canada						Sunday	7	
	:00 Vinyasa Yoga	David	M&B	18:15	The WOD	Sally	Canada		Zumba	Louisa	Bank		Sweat X	David C	Woodways						Sunday	′	
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	:30 Boxing	Nat G	Combat	18:20	Sweat X	Alex R	Woodways		Just Ride	Vicki	Cycle	19:30	Kickboxing	Stefan	Combat						Formula 3		Canada
	:45 Speed Fiends	Airida	Woodways	18:30	Method	Vicki	Bank		Formula 3	Sally	Canada									9:30	Yard WOD	Sally	Yard
19	:30 Metaburn	Natalie L	Bank	18:30	Boxing	Natalie G	Combat	19:20	Speed Fiends	Natalie L	Woodways									9:30	Boxing	Natalie G	Combat
20	:00 Vinyasa Yoga	David	M&B	18:45	Just Ride	Susie	Cycle	19:30	Boxing FDM	Nat G	Combat									10:00	Dynamic Pilates	Suzan	M&B
20	:45 Sweat X	Airida	Woodways	19:00	Yard WOD	Faisal	Yard	20:20	Sweat X	Natalie L	Woodways									10:15	Extreme	Danny	Canada
				19:00	Hatha Yoga	Ruben	M&B													10:30	Boxing	Natalie G	Combat
				19:15	Formula 3	Sally	Canada													10:30	Yard Kettlebells	Sally	Yard
				19:20	Speed Fiends	Alex R	Treadmills														Hardcore Cycle	Stacey	Cycle
				20:15	Yard Kettlebells	Alex R	Yard														Hatha Yoga	-	M&B
				19:30	Boxing	Natalie G														11:15			Canada
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																				12:00	Vinyasa Yoga The WOD		Canada
																				12:00		Sally	Canada Woodways
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																				12:00 12:15 12:20 12:30 13:00	The WOD Speed Fiends Yard WOD Yin Yoga	Sally Danny Will P Suzan	Woodways Yard M&B
																				12:00 12:15 12:20 12:30 13:00 13:15	The WOD Speed Fiends Yard WOD Yin Yoga LGA	Sally Danny Will P Suzan Sally	Woodways Yard M&B Canada
																				12:00 12:15 12:20 12:30 13:00 13:15 13:20	The WOD Speed Fiends Yard WOD Yin Yoga LGA Sweat X	Sally Danny Will P Suzan Sally Danny	Woodways Yard M&B Canada Woodways
																				12:00 12:15 12:20 12:30 13:00 13:15 13:20	The WOD Speed Fiends Yard WOD Yin Yoga LGA	Sally Danny Will P Suzan Sally	Woodways Yard M&B Canada Woodways
																				12:00 12:15 12:20 12:30 13:00 13:15 13:20	The WOD Speed Fiends Yard WOD Yin Yoga LGA Sweat X	Sally Danny Will P Suzan Sally Danny Veronique	Woodways Yard M&B Canada Woodways
																				12:00 12:15 12:20 12:30 13:00 13:15 13:20 14:00 14:15	The WOD Speed Fiends Yard WOD Yin Yoga LGA Sweat X Dynamic Pilates	Sally Danny Will P Suzan Sally Danny Veronique	Woodways Yard M&B Canada Woodways M&B Canada
																				12:00 12:15 12:20 12:30 13:00 13:15 13:20 14:00 14:15	The WOD Speed Fiends Yard WOD Yin Yoga LGA Sweat X Dynamic Pilates Core 45	Sally Danny Will P Suzan Sally Danny Veronique Sally	Woodways Yard M&B Canada Woodways M&B Canada

Wednesday

Thursday

Tuesday

Third Space Class descriptions

ATHLETIC, TREADMILL & RIG TRAINING

THE WOD/ YARD WOD

Your workout of the day. Expect 'EMOMs' and 'AMRAPs' as standard and be prepared to dig deep and push hard. Combining effective high intensity training and strength work in an encouraging and motivating environment.

FORMULA 3

This is the Formula to get you fit, fast.

A competitive, high intensity circuit with 3 targeted blocks, for a full spectrum workout. First, cardio on Concept2 rowing machines; Second, strength with kettlebells and dumbbells; Finally, athletic power and speed with bodyweight exercises. Get fit in 3... 2... 1.

KETTLEBELLS / YARD KETTLEBELLS

A powerful full body workout that will improve your core strength and give you greater muscular endurance. A range of Kettlebell exercises hit every major muscle, to build power and shred that body fat.

RUN CLUB

Discover the 'power of the pack' and elevate your running ability to its highest level. With all that London's outside environment has to offer, the unique blend of speed and VO2 intervals will provide you with the platform for a new personal best.

STRENGTH & CONDITIONING

LIFT

Build a strong body using heavier weights focusing on form and control. You will be coached through an extended mobility and activation section before starting 3 main blocks of work using heavy kettlebells and dumbbells for 8 to 12 reps per exercise. Improve your technique and leave the class feeling stronger than ever.

FORCE

A music driven barbell and dumbbell class designed to fatigue the whole body through higher repetitions. A great class for those new to weights or experienced lifters who want to feel the burn in a high energy but supported environment.

EXTREME

Train like an athlete in this fast-paced class focusing on speed and agility. A mixture of plyometric, multi-dimensional, sport based exercises using light dumbbells will develop your stability, muscular endurance and overall fitness.

METABURN

A pyramid style, full body metabolic conditioning workout. Dumbbells are used to create a stronger, leaner body focusing on improving your lifting technique whilst high intensity exercises are interspersed to elevate the heart rate. The intensity builds throughout this workout as each set increases with time.

GΑ

Legs Glutes and Abs. Working some of the largest muscles in the body to create a high calorie burn. Expect a combination of strength and high intensity explosive exercises, aimed at increasing strength and flexibility to torch fat and sculpt the lower body.

CORE 30/45

A strong and functional core is fundamental for all training. This class uses full body movements in multiple planes to fully engage your core. Building strength, stability and

balance as well as shaping your abdominals.

STUDIO CYCLING

JUST RIDE

This class is designed to improve your cardiovascular fitness with a focus on endurance. Stripping cycling back to its foundations with no additional choreography, no data and no leader boards. All done working to the beat of the music, giving you opportunity to switch off and just ride

HARDCORE CYCLE

The ultimate high intensity interval cycle class. Improve both your anaerobic and aerobic fitness in a time efficient manner and feel the power of the music to help you push your physical and mental limits.

POWERIDE

Poweride is a results orientated, competitive class that uses live visual data to improve your power output. Be guided by the unique colour coaching system to optimize your output. Keep one eye on the leader board to chase down your personal best and to beat the rest of the room.

WATTBIKE

Our Wattbike class replicates a real ride feel and delivers an unrivalled experience. With targeted effective programming and the ability to analyse your technique, it's no wonder it is the choice of champions and endorsed by British cycling. Whether you are a seasoned athlete or complete beginner, maximise your performance and redefine your training.

MIND & BODY

VINYASA YOGA / HOT VINYASA YOGA

A flowing style of yoga that moves fluidly from one pose

to the next using breath. Each teacher has their own style so expect something a little different each time. Vinyasa often moves at a faster pace than some other types of yoga, be ready to work hard and build up a sweat. Leave feeling energised physically, mentally and spiritually from this moving meditation. Regular practice will strengthen and tone muscles and increase flexibility and mobility.

HATHA YOGA / HOT HATHA YOGA

Hatha yoga is slower in pace than vinyasa, with more time spent in each posture. Often these classes will include pranayama or breathing exercises. If you are new to yoga, this is a good place to start as the slower pace allows for more alignment focus and an opportunity to get familiar with the practice.

YIN YOGA/ HOT YIN YOGA

Yin Yoga is slow and meditative. Poses are held for 4-6 minutes for deep stretching of the body's connective tissues and joints.

ROCKET YOGA/ HOT ROCKET YOGA

Based on Ashtanga, Rocket yoga is said to 'get you there faster'. A fast paced, playful class expect to explore arm balances and inversions and tackle some of the more challenging postures. This class isn't suitable for beginners or the faint hearted!

CLASSICAL PILATES / HOT CLASSICAL PILATES

Pilates is a blend of flexibility and strength training which improves posture and form and supports you with training, toning, recovering and in everyday life.

Classical Pilates is based on the original classical mat series 34 exercises as designed by Josef Pilates.

REHAB PILATES / HOT REHAB PILATES

Pilates is a blend of flexibility

and strength training which improves posture and form and supports you with training, toning, recovering and in everyday life.

Rehab Pilates is a slower paced Pilates class where the exercises are taught in more detail with a heavy focus on alignment and the improvement of poor posture.

DYNAMIC PILATES / HOT DYNAMIC PILATES

Pilates is a blend of flexibility and strength training which improves posture and form and supports you with training, toning, recovering and in everyday life.

Dynamic Pilates takes the classical principles and applies them to functional movements to help support correct alignment both in sport and life.

PULSE

"Not just another barre class..."
Set to the beat of the music, this full body workout uses ballet and pilates inspired isometric strength training techniques to build and strengthen long, lean muscles.

EXHALE

A 45 minute mindfulness class to help reset and rebalance through breath-work, movement and meditation.

Learn to slow down the mind with different breathing techniques, slow flow yoga and varying styles of meditation.

THE METHOD

Designed to sculpt and tone the body working the arms, legs, glutes and core through the use of resistance loop bands. Exercises are performed in 3 different tempo variations enabling full muscle fibre recruitment to help strengthen the muscle and improve range of movement. The class ends with an ab blast finisher followed by a deep relaxing stretch.

COMBAT CLASSES

BOXING

Focus on learning proper boxing techniques and drills while working on the punch bag. Improve fitness, power, and endurance while developing boxing skills. Members are kindly requested to bring their own boxing gloves and wraps (these can be purchased at Concierge).

BOXING FDM (Fundamentals)

Learn boxing fundamentals. Beginners will be taught the correct stance, the precise technique for punches and effective boxing movements. Advanced boxers will improve their form and progress their technique. Members are kindly requested to bring their own boxing gloves and wraps (these can be purchased at Concierge).

KICKBOXING

Working with the punch bag, learn and perfect the art of punching and kicking to improve your overall fitness, strength and power. Members are kindly requested to bring their own boxing gloves and wraps (these can be purchased at Concierge).

SWIM CLASSES

SKILLS & DRILLS

Improve your Front Crawl form and technique with progressive skills and drills for a faster, more effective and efficient swim style.

*A minimum of 200m continuous swim ability is required.