

# City Class Schedule

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
6:15	<b>Lift</b>	Lydia A HIIT	6:15	<b>Formula 3</b>	Chris HIIT	6:15	<b>Extreme</b>	Jemimah HIIT	6:15	<b>Extreme</b>	Eve HIIT	6:15	<b>Metaburn</b>	Lydia A HIIT			
6:30	<b>Vinyasa Yoga</b>	Sophie M&B	6:30	<b>Dynamic Pilates</b>	Amy M&B	6:30	<b>Hot Hatha Yoga</b>	Sophie M&B	7:15	<b>Lift</b>	Eve HIIT	7:15	<b>Lift</b>	Lydia A HIIT			
7:00	<b>Boxing</b>	Stefan Dojo	7:15	<b>Kettlebells</b>	Chris HIIT	7:00	<b>Boxing</b>	Stefan Dojo				6:30	<b>Dynamic Pilates</b>	Eve M&B			
7:15	<b>Extreme</b>	Lydia A HIIT	7:30	<b>The Method</b>	Amy M&B	7:15	<b>Metaburn</b>	Jemimah HIIT				7:30	<b>Pulse</b>	Eve M&B			
7:30	<b>Hatha Yoga</b>	Sophie M&B	7:45	<b>Poweride</b>	Vicky T Cycle	7:30	<b>Hot Vinyasa Yoga</b>	Sophie M&B									
12:15	<b>Boxing</b>	Stefan Dojo	12:15	<b>Combat Move</b>	Marek Dojo	12:15	<b>Boxing</b>	Stefan Dojo	12:15	<b>Force</b>	Eve HIIT	12:15	<b>Force</b>	Eve HIIT			
12:15	<b>Formula 3</b>	Matteo HIIT	12:15	<b>Formula 3</b>	Chris HIIT	12:15	<b>Metaburn</b>	Vicky T HIIT	13:15	<b>Sweat X</b>	Eve Treadmills	12:30	<b>Hot Vinyasa Yoga</b>	Liz M&B			
12:30	<b>Hot Vinyasa Yoga</b>	Sophie M&B	12:30	<b>Hot Hatha Yoga</b>	Liz M&B	12:30	<b>Hot Yin Yoga</b>	Louise M&B									
13:15	<b>Sweat X</b>	Matteo Treadmills	13:15	<b>Speed Fiends</b>	Chris Treadmills	13:15	<b>Hardcore Cycle</b>	Vicky T Cycle									
17:30	<b>Kettlebells</b>	Claire W HIIT	17:30	<b>Formula 3</b>	Claire W HIIT	17:30	<b>Lift</b>	Eve HIIT	17:30	<b>Metaburn</b>	Emily M HIIT	17:30	<b>Extreme</b>	Emily M HIIT			
18:30	<b>Metaburn</b>	Claire W HIIT	17:30	<b>Pulse</b>	Amy M&B	17:30	<b>Hot Vinyasa Yoga</b>	Louise M&B	17:30	<b>Vinyasa Yoga</b>	Lydia L M&B	18:30	<b>Metaburn</b>	Emily M HIIT			
18:30	<b>Dynamic Pilates</b>	Amy M&B	18:30	<b>The WOD</b>	Claire W HIIT	18:30	<b>Metaburn</b>	Eve HIIT	18:00	<b>Combat Move</b>	Marek Dojo						
						18:30	<b>Hot Hatha Yoga</b>	Louise M&B	18:30	<b>Extreme</b>	Emily M HIIT						

## Sunday

# THIRD SPACE

# 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.

#### **LGA**

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.