

Marylebone

Class Schedule

January - March
2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:45-07:15 Functional Area Georgia	07:00-07:45 Treadmill Lee	07:00-07:45 Cycle Space Pauw	07:00-08:00 Bulstrode Darren	06:45-07:30 Functional Area Seb	08:30-09:00 Functional Area Georgia
07:15-08:00 Cycle Space	07:00-08:00 Bulstrode	07:15-08:00 Functional Area	07:00-07:45 Rig/Tread	07:00-07:45 Cycle Space	08:45-09:45 Bulstrode
07:30-08:25 Functional Area	07:15-08:00 Cycle Space	07:15-08:00 Bulstrode	07:15-08:00 Cycle Space	07:30-08:30 Bulstrode	09:00-09:45 Functional Area
08:40-09:25 Rig/Tread	08:00-08:45 Functional Area	08:00-08:45 Cycle Space	08:00-08:45 Cycle Space	07:45-08:30 Functional Area	10:00-10:45 Rig/Tread
10:00-10:55 Bulstrode	10:45-11:30 Functional Area	08:15-09:00 Rig/Tread	10:15-11:00 Bulstrode	09:00-09:55 Bulstrode	10:00-10:45 Bulstrode
11:00-11:45 Bulstrode	11:15-12:45 Bulstrode	11:15-12:00 Bulstrode	11:00-11:45 Functional Area	10:00-10:45 Bulstrode	10:45-11:30 Cycle Space
		11:30-12:15 Functional Area			10:50-11:35 Bulstrode
					11:45-12:30 Functional
					11:40-12:25 Bulstrode
11:15-12:00 Functional Area	11:45-12:30 Functional Area	12:15-13:00 Bulstrode	12:00-12:45 Functional Area	12:00-12:45 Bulstrode	12:30-13:00 Treadmill
11:55-12:55 Bulstrode	12:30-13:15 Cycle Space	12:30-13:15 Cycle Space	12:30-13:15 Cycle Space	12:00-12:45 Functional Area	12:45-13:45 Bulstrode
12:00-12:45 Rig/Tread	12:30-13:15 Rig/Tread	12:30-13:25 Functional Area	12:55-13:40 Rig/Tread	12:55-13:40 Rig/Tread	14:30-15:00 Treadmill
12:30-13:15 Cycle Space	13:00-13:45 Bulstrode	13:15-14:15 Bulstrode	13:00-14:00 Bulstrode	13:00-13:45 Pool	15:00-15:45 Functional Area
13:00-13:45 Functional Area	13:50-14:20 Bulstrode	13:30-14:15 Treadmills	13:45-14:30 Functional Area	13:00-14:00 Bulstrode	15:05-15:50 Bulstrode
13:05-14:05 Bulstrode	13:25-14:10 Functional Area	16:00-17:00 Bulstrode		15:00-16:00 Bulstrode	16:00-17:00 Bulstrode
13:50-14:20 Functional Area	15:00-15:45 Functional Area				
14:15-15:30 Bulstrode					
17:15-18:00 Functional Area	18:00-18:45 Rig/Tread	17:15-18:15 Bulstrode	17:00-17:45 Bulstrode	17:05-17:50 Functional Area	10:10-10:55 Rig/Tread
18:00-18:45 Pool	18:00-19:00 Bulstrode	18:30-19:15 Bulstrode	18:00-18:45 Pool	17:50-18:35 Bulstrode	10:30-11:30 Bulstrode
18:15-19:00 Rig / Tread	18:15-19:15 Cycle Space	18:00-18:45 Pool	18:00-18:45 Functional Area	18:00-18:45 Functional Zone	11:15-12:00 Treadmill
18:00-19:00 Bulstrode	19:00-19:45 Functional Area	18:10-19:05 Functional Area	18:00-18:45 Bulstrode		12:30-13:15 Functional Area
19:10-20:05 Functional Area	19:15-20:00 Bulstrode	19:15-20:00 Rig/Tread	19:00-19:45 Functional Area		13:45-14:30 Functional Area
19:15-20:15 Bulstrode		19:30-20:15 Bulstrode	19:15-20:00 Bulstrode		13:00-14:00 Bulstrode
					14:30-15:30 Bulstrode
					15:45-17:00 Bulstrode

Sunday

10:10-10:55 Rig/Tread	SWEAT X Emily
10:30-11:30 Bulstrode	HATHA YOGA David
11:15-12:00 Treadmill	SPEED FIENDS Emily
12:30-13:15 Functional Area	AFTERBURNER Emily
13:45-14:30 Functional Area	FORMULA 3 Emily
13:00-14:00 Bulstrode	DYNAMIC PILATES Aurora
14:30-15:30 Bulstrode	VINYASA YOGA Aurora
15:45-17:00 Bulstrode	YIN YOGA Aurora

THIRD SPACE

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Class descriptions

ATHLETIC, TREADMILL & RIG TRAINING

SPEED FIENDS

No more pounding the treadmill for hours, get a lean and toned body fast! This class, designed in collaboration with an Olympic sprinter, will improve speed and power. Sections of progressive running interspersed with sprint intervals and inclines will torch calories working the whole body.

AFTERBURNER

Need to add some variety into your workouts? Welcome to the Rig. The exercises you can do on the equipment in the functional training Rig area are limitless. Get ready to use TRX training, Plyo boxes, kettle bells and body weight exercises for this high intensity interval class that leaves you burning fat for hours.

SWEAT X

The most effective way to define and sculpt your body. 20-25 mins interval training on the treadmill combined with 20-25 mins of conditioning work using hand weights and dip bars to give the maximum fat burn torching up to 1000 calories.

CALISTHENICS

Before the invention of machines, barbells, and bench presses, mankind was getting strong and ripped using nothing more for resistance than bodyweight. Calisthenics celebrates movements that use the whole body cohesively, rather than attempting to isolate small body parts one at a time. Famous for pull-ups, muscle-ups, bar levers, and the human flag.

THE 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.

STRENGTH & CONDITIONING

METABURN

A pyramid style, full body metabolic conditioning workout. Strengthen your body using resistance exercises interspersed with high intensity plyometric moves, building intensity throughout the workout. A pyramid style, full body metabolic conditioning workout. Strengthen your body using resistance exercises interspersed with high intensity plyometric moves, building intensity throughout the workout.

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.

CORE 30

Don't expect to just lie on the floor in this class. If you want to improve your core strength and posture and look your AB-solute best this focused workout does just that.

LEGS, GLUTES & ABS

Tone up, firm up, and burn fat for a lean and strong lower body and abs.

TRX FIT

Looking for a perfect blend of strength and cardio? TRX Fit addresses the foundations of improving your cardio, building muscular endurance, and promoting weight loss. You'll experience endurance rounds, and "heart thumping" cardio challenges. This quintessential TRX experience will lead you down the road to your best all-round fitness.

TRX STRONG

This class will push you to new levels of strength using the TRX Suspension Trainer and your own body weight. Be ready to "feel the burn" as you power through multiple sets of high tension loads in this time-based workout that features intermediate to advanced strength exercises

KETTLEBELLS

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

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.

CYCLING

WATT BIKE SPRINTS

The Watt Bike is the most advanced indoor bike with cutting edge digital technology designed solely to maximise your performance. Challenge yourself with a series of gruelling, all out, high intensity sprints designed to challenge your lactic threshold and push you to your limit.

WATT BIKE

The Watt Bike is the most advanced indoor bike with cutting edge digital technology designed solely to maximise your performance. These small group classes run through a variety of training programs to suit all fitness levels. Challenge yourself over a series of gruelling intervals and sprints, take on the mountain and analyse your technique. Redefine your training!

MIND & BODY

VINYASA YOGA

Athletic vinyasa practice; dynamic, physically and spiritually energizing form of yoga that sculpts honed and tones every muscle in the body. Yoga techniques characterized by flowing poses and sequences that are linked to the breath.

HATHA YOGA

Using postures and conscious

breathing in combination with mental focus to develop awareness, strength, flexibility and relaxation. Through proper alignment and mindful actions of the body, Hatha Yoga brings balance, strength and a sense of well-being.

YIN YOGA

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

MEDITATION

This class is a simple yet profound practice to meditation. Switch off and de-stress.

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

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.

BARRE BURN

Ballet-inspired movements help create a long, lean body. Conditioning and core is the focus. Feel the burn, see the results.

STRETCH

From gentle mobility to effective core training. The class focuses on deep and beneficial stretching. Ideal after a hard training session or hectic day

EXHALE

A 60 minute mindfulness class to help reset and rebalance through breath-work, movement and meditation. Learn to slow down the mind with different breathing techniques, hatha flow yoga and varying styles of meditation.

POOL

AQUA-FIT

A circuit boot camp class in the water. Use the resistance of the water to work harder on your muscles.

COMBAT

BOXING

Learn the basics of boxing or improve your technique. 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).

BOXOLOGY INTERMEDIATE LEVEL

Learn the science of boxing with technical boxing, pad and bag drills, aligned with body weight movement exercises to improve your fitness and strength. Please bring your hand wraps 3.5 meters or purchase them at concierge.