

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

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BOXING

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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.

Islington Class Schedule

Monday				Tuesday				Wednesday				Thursday				Friday				Saturday					
6:15	Metaburn	Joe	HIIT	6:15	The WOD	Joe	HIIT	6:15	Metaburn	Amy L	HIIT	6:15	Formula 3	Seb	HIIT	6:15	Kettlebells	Adrien	HIIT	8:10	Lift	Lydia A	HIIT		
6:30	Hot Vinyasa Yoga	Ashley	Hot	6:30	Hot Vinyasa Yoga	Miranda	Hot	6:30	Hot Hatha Yoga	Teressa	Hot	6:30	Hot Yin Yoga	Miranda	Hot	6:30	Hot Hatha Yoga	Teressa	Hot	8:30	Hot Vinyasa Yoga	Teressa	Hot		
6:45	Poweride	Vicky	Cycle	6:45	Just Ride	Lisa	Cycle	6:45	Hardcore Cycle	Channah	Cycle	6:45	Hardcore Cycle	Vicky T	Cycle	6:45	Poweride	Lisa	Cycle	8:45	Poweride	Eve	Cycle		
7:00	LGA	Jermimah	LS	7:00	Metaburn	Matteo	LS	7:00	Pulse	Rachel L	M&B	7:00	Classical Pilates	Terry	M&B	7:00	Pulse	Rachel L	M&B	9/10am	Metaburn (OC)	Charmaine	Outdoors		
7:00	Pulse	Lewis	M&B	7:00	The Method	Rachel	M&B	7:00	Lift	Nat V	LS	7:00	Extreme	Nat L	LS	7:00	LGA	Seb	LS	9:10	Hatha Yoga	Gillian	M&B		
7:15	Kettlebells	Joe	HIIT	7:15	Extreme	Joe	HIIT	7:15	The WOD	Adam	HIIT	7:15	Metaburn	Adam	HIIT	7:15	Extreme	Adrien	HIIT	9:10	Extreme	Adrien	HIIT		
7:30	Hot Hatha Yoga	Ashley	Hot	7:30	Hot Dynamic Pilates	Miranda	Hot	7:30	Hot Vinyasa Yoga	Teressa	Hot	7:30	Hot Vinyasa Yoga	Miranda	Hot	7:30	Hot Vinyasa Yoga	Teressa	Hot	9:30	Hot Hatha Yoga	Teressa	Hot		
7:45	Hardcore Cycle	Vicky	Cycle	7:45	Poweride	Lisa	Cycle	7:45	Poweride	Channah	Cycle	7:45	Poweride	Vicky T	Cycle	7:45	Just Ride	Lisa	Cycle	9:45	Just Ride	Eve	Cycle		
7/8am	Extreme (OC)	Charmaine	Outdoor	7/8am	WOD (OC)	Jemimah	Outdoor	7/8am	Metaburn	Liam	Outdoor	7/8am	WOD	Alex	Outdoor	7/8am	Extreme (OD)	Jemimah	Outdoor	10:10	Sweat X	Adam	Treads		
8:00	The Method	Lewis	M&B	8:00	Pulse	Rachel	M&B	8:00	Method	Rachel L	M&B	8:00	Dynamic Pilates	Terry	M&B	8:00	The Method	Rachel L	M&B	10:10	The Method	Gillian	M&B		
8:15	Formula 3	Joe	HIIT	8:15	Kettlebells	Joe	HIIT	8:15	Lift	Adam	HIIT	8:15	The WOD	Adam	HIIT	8:15	Metaburn	Adrien	HIIT	10:10	Kettlebells	Adrien	HIIT		
8:30	Hot Hatha Yoga	Teressa	Hot	8:30	Hot Vinyasa Yoga	Miranda	Hot	8:30	Hot Hatha Yoga	Teressa	Hot	8:30	Hot Hatha Yoga	Miranda	Hot	8:30	Hot Hatha Yoga	Teressa	Hot	10:30	Hot Vinyasa Yoga	Teressa	Hot		
8:45	Speed Fiends	Seb	Treads	8:45	Sweat X	Matteo	Treads	8:45	Speed Fiends	Chris	Treads	8:45	Sweat X	Nat L	Treads	8:45	Speed Fiends	Seb	Treads	10:45	Poweride	Eve	Cycle		
8:45	Hardcore Cycle	Vicky	Cycle	8:45	Just Ride	Heather	Cycle	8:45	Just Ride	Channah	Cycle	8:45	Poweride	Vicky T	Cycle	8:45	Hardcore Cycle	Lisa	Cycle	11:10	Speed Fiends	Adam	Treads		
9:40	Lift	Jemimah	HIIT	9:40	Hot Yin Yoga	Clare W	Hot	9:40	Hardcore Cycle	Channah	Cycle	9:40	Hot Classical Pilates	Aurora	Hot	9:40	Hot Vinyasa Yoga	Teressa	Hot	11:10	Dynamic Pilates	Gillian	M&B		
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9:40	Poweride	Vicky	Cycle	9:40	Vinyasa Yoga	Eithne	M&B	9:40	Hot Vinyasa Yoga	Teressa	Hot	9:40	The Method	Clare W	M&B	9:40	Skills & Drills	Arvids	Pool	11:30	Hot Rehab Pilates	Ami	Hot		
9:40	Dynamic Pilates	Jess	M&B	10:40	Force	Joe	HIIT	9:40	Skills & Drills	Chris	Pool	10:40	Kettlebells	Adam	HIIT	10:40	Formula 3	Adrien	HIIT	12:10	Vinyasa Yoga	Gillian	M&B		
10:40	Vinyasa Yoga	Teressa	M&B	10:40	Hatha Yoga	Eithne	M&B	10:40	Hot Dynamic Pilates	Jess	Hot	10:40	Vinyasa Yoga	Clare W	M&B	10:40	Yin Yoga	Eithne	M&B	12:10	Force	Eve	HIIT		
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																				14:15	Core 45	Adrien	HIIT		
																				14:30	Hot Vinyasa Yoga	Cathy	Hot		
																				15:15	Formula 3	Adam	HIIT		
																				15:30	Hot Hatha Yoga	Cathy	Hot		
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THIRD SPACE

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RUN CLUB

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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

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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

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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.

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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

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Tower Bridge Class Schedule

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday								
6:15	The WOD	Danny	Riverside	6:15	Metaburn	Beth	Riverside	6:15	Lift	Clare R	Riverside	6:15	Lift	Beth	Riverside	6:15	Formula 3	Beth	Riverside	8:15	Formula 3	Beth	Riverside
6:30	Hot Hatha Yoga	Jamie	Hot	6:30	Hot Vinyasa Yoga	Sammy	Hot	6:30	Hot Vinyasa Yoga	David	Hot	6:30	Hot Hatha Yoga	Jess	Hot	6:30	Hot Dynamic Pilates	Annie	Hot	8:30	Hot Vinyasa Yoga	Mahalia	Hot
6:45	Just Ride	Char	Cycle	6:45	Hardcore Cycle	Stacey	Cycle	7:00	Rocket Yoga	Sophie	M&B	6:45	Poweride	Clare	Cycle	6:45	Hardcore Cycle	Clare R	Cycle	8:45	Hardcore Cycle	Clare R	Cycle
7:00	Dynamic Pilates	Debbie	M&B	7:00	Hatha Yoga	David	M&B	7:15	Extreme	Clare R	Riverside	7:00	Method	Lewis	M&B	7:00	Vinyasa Yoga	Negeen	M&B	8:45	Speed Fiends	Nat L.	Treads
7:15	Metaburn	Danny	Riverside	7:15	The WOD	Beth	Riverside	7:30	Hot Hatha Yoga	David	Hot	7:15	Metaburn	Beth	Riverside	7:15	The WOD	Beth	Riverside	9:00	Pulse	Amy	M&B
7:30	Wattbike	Chris	WB	7:30	Hot Hatha Yoga	Sammy	Hot	8:00	Yin Yoga	Sophie	M&B	7:30	Wattbike	Mikey	WB	7:30	Hot Yin Yoga	Annie	Hot	9:15	The WOD	Beth	Riverside
7:30	Hot Vinyasa Yoga	Jamie	Hot	7:30	Wattbike	Mikey	WB	8:15	Metaburn	Clare R	Riverside	7:30	Hot Vinyasa Yoga	Jess	Hot	7:45	Just Ride	Clare R	Cycle	9:30	Hot Rocket Yoga	Mahalia	Hot
7:45	Hardcore Cycle	Char	Cycle	7:45	Poweride	Stacey	Cycle	8:30	Hot Vinyasa Yoga	David	Hot	7:45	Hardcore Cycle	Clare	Cycle	8:00	Hatha Yoga	Negeen	M&B	9:45	Just Ride	Clare R	Cycle
8:00	Pulse	Debbie	M&B	8:00	Vinyasa Yoga	David	M&B	9:15	The WOD	Emma K	Riverside	8:00	Pulse	Lewis	M&B	8:15	Metaburn	Beth	Riverside	9:45	Sweat X	Nat L.	Tread
8:15	Lift	Danny	Riverside	8:15	Lift	Beth	Riverside	8:15	Force	Clare R	Riverside	8:15	Formula 3	Beth	Riverside	9:15	The WOD	Clare R	Riverside	10:00	Rehab Pilates	Amy	M&B
8:45	Speed Fiends	Chris	Treads	8:30	Hot Hatha Yoga	Sammy	Hot	11:15	Force	Clare R	Riverside	11:15	Formula 3	Clare	Riverside	11:15	Lift	Beth	Riverside	10:15	Extreme	Beth	Riverside
9:15	Formula 3	Danny	Riverside	8:45	Sweat X	Emma K	Rig	11:30	Hot Hatha Yoga	Ruben	Hot	11:30	Hot Vinyasa Yoga	Katie	Hot	11:30	Hot Vinyasa Yoga	Emily	Hot	11:30	Hot Hatha Yoga	Mahalia	Hot
8:30	Hatha Yoga	Jamie	Hot	9:15	Force	Eve	Riverside	12:00	The Method	Becki	M&B	11:45	Speed Fiends	Beth	Treads	12:00	Hatha Yoga	Carl	M&B	11:30	Hot Hatha Yoga	Ruben	Hot
				11:30	Hot Hatha Yoga	David	Hot	12:15	Metaburn	Aaron	Riverside	12:00	The Method	Amy L.	M&B	12:15	Metaburn	Beth	Riverside	12:30	Hot Vinyasa Yoga	Ruben	Hot
11:30	Hot classical Pilates	Carl	Hot	11:45	Speed Fiends	Beth	Treads	12:30	Hot Vinyasa Yoga	Clare W	Hot	12:15	Extreme	Clare	Riverside	12:30	Hot Dynamic Pilates	Terry	Hot	12:45	Sweat X	Beth	Rig
12:00	Barre Burn	Vincent	M&B	12:00	Dynamic Pilates	Annie	M&B	12:45	Speed Fiends	Emma K	Treads	12:30	Hot Vinyasa Yoga	Jess	Hot	12:45	Sweat X	Airida	Treads	13:00	Vinyasa Yoga	Louise	M&B
12:15	The WOD	Aaron	Riverside	12:15	Kettlebells	Aaron	Riverside	12:45	Just Ride	Clare R	Cycle	12:45	Hardcore Cycle	Stacey	Cycle	13:30	Hot Rehab Pilates	Terry	Hot	13:15	Metaburn	Clare R	Riverside
12:30	Hot Vinyasa Yoga	Emily	Hot	12:30	Hot Vinyasa Yoga	David	Hot	13:15	Kettlebells	Aaron	Riverside	12:45	Sweat X	Beth	Treads	13:15	Formula 3	Clare R	Riverside	13:30	Hot Hatha Yoga	Ruben	Hot
12:45	Speed fiends	Danny	Treads	12:45	Sweat X	Beth	Rig	13:30	Hot Yin Yoga	Clare W	Hot	13:15	Lift	Clare	Riverside	13:30	Hot Yin Yoga	Jess	Hot	14:00	Hatha Yoga	Louise	M&B
12:45	Hardcore Cycle	Vicky	Cycle	12:45	Just Ride	Eve	Cycle	13:30	Hot Yin Yoga	Clare W	Hot	13:30	Hot Yin Yoga	Jess	Hot	14:30	Hot Vinyasa Yoga	Erin	Hot	14:15	Formula 3	Clare R	Riverside
13:15	Kettlebells	Aaron	Riverside	13:15	Formula 3	Aaron	Riverside	13:30	Hot Yin Yoga	Clare W	Hot	13:30	Hot Yin Yoga	Jess	Hot	14:30	Hot Vinyasa Yoga	Erin	Hot	15:30	Hot Hatha Yoga	Erin	Hot
13:30	Hot Yin Yoga	Emily	Hot	13:30	Hot Hatha Yoga	David	Hot	16:30	Hot Vinyasa Yoga	Clare W	Hot	16:30	Hot Hatha Yoga	Bassanti	Hot	16:30	Hot Hatha Yoga	Sophie	Hot	16:30	Hot Rocket Yoga	Peace	Hot
				16:30	Hot Hatha Yoga	Jess	Hot	17:15	Lift	Aaron	Riverside	17:15	Force	Stacey	Riverside	17:00	Dynamic Pilates	Terry	M&B	17:30	Hot Yin Yoga	Peace	Hot
16:30	Hot Yin Yoga	Clare W	Hot	17:00	Pulse	Jenny	M&B	17:30	Hot Yin Yoga	Clare W	Hot	17:30	Hot Yin Yoga	Bassanti	Hot	17:15	Formula 3	Airida	Riverside				
17:00	Rocket Yoga	Darvina	M&B	17:15	Metaburn	Aaron	Riverside	17:45	Just Ride	Craig	Cycle	18:00	The Method	Laura	M&B	17:30	Hot Vinyasa Yoga	Sophie	Hot				
17:15	Kettlebells	Aaron	Riverside	17:15	Just Ride	Maria	Cycle	18:00	Pulse	Debbie	M&B	18:15	The WOD	Louis	Riverside	17:45	Hardcore Cycle	Elliot	Cycle				
17:30	Hot Yin Yoga	Clare W	Hot	17:30	Hot Vinyasa Yoga	Jess	Hot	18:15	Kettlebells	Aaron	Riverside	18:30	Hot Vinyasa Yoga	Sammy	Hot	18:00	Method	Laura	M&B	8:15	WOD	Jermimah	Riverside
17:45	Hardcore Cycle	Stacey	Cycle	17:45	Just Ride	Maria	Cycle	18:30	Hot Vinyasa Yoga	Mahalia	Hot	18:45	Poweride	Stacey	Cycle	18:15	Lift	Airida	Riverside	8:45	Speed Fiends	Aaron	Rig
18:00	Yin Yoga	Darvina	M&B	18:00	Hatha Yoga	Sharon	M&B	18:30	Wattbike	Mikey	WB	19:00	Pulse	Laura	M&B	18:30	Hot Yin Yoga	Emily	Hot	9:00	Dynamic Pilates	Terry	M&B
18:15	Lift	Aaron	Riverside	18:15	The WOD	Aaron	Riverside	18:45	Speed Fiends	Louis	Treads	19:15	Kettlebells	Louis	Riverside	18:45	Hot Yin Yoga	Laura	M&B	9:15	Metaburn	Jermimah	HIT
18:30	Hot Vinyasa Yoga	Ruben	Hot	18:30	Hot Rehab Pilates	Jess	Hot	18:45	Hardcore Cycle	Craig	Cycle	19:30	Hot Hatha Yoga	Sammy	Hot	19:00	Hot Vinyasa Yoga	Sammy	Hot	9:30	Hot Vinyasa Yoga	Carl	Hot
18:45	Poweride	Stacey	Cycle	18:45	Just Ride	Maria	Cycle	19:00	Dynamic Pilates	Debbie	M&B	19:30	Hot Hatha Yoga	Sammy	Hot	20:00	The Method	Laura	M&B	9:45	Sweat X	Aaron	Treads
18:30	Hot Vinyasa Yoga	Ruben	Hot	19:00	Classical Pilates	Sharon	M&B	19:15	Formula 3	Aaron	Riverside	20:00	Hot Yin Yoga	Sammy	Hot	20:30	Hot Yin Yoga	Sammy	Hot	9:45	Just Ride	Maria	Cycle
19:00	Vinyasa Yoga	Darvina	M&B	19:00	Kettlebells	Aaron	Riverside	19:15	Formula 3	Aaron	Riverside	19:45	Sweat X	Louis	Treads	20:30	Hot Yin Yoga	Sammy	Hot	10:00	Rehab Pilates	Terry	M&B
19:15	Formula 3	Aaron	Riverside	19:15	Hot Yin Yoga	Jess	Hot	19:30	Hot Yin Yoga	Mahalia	Hot	19:45	Hot Hatha Yoga	Debbie	Hot	20:30	Hot Rehab Pilates	Debbie	Hot	10:15	Lift	Jermimah	HIT
19:30	Hot Vinyasa Yoga	Ruben	Hot	19:30	Speed Fiends	Maria	Treads	19:45	Sweat X	Louis	Treads									10:30	Hot Hatha Yoga	Carl	Hot
19:45	Sweat X	Jemimah	Rig	20:00	Method from	Jenny	M&B													10:45	Just Ride	Maria	Cycle
20:15	Kettlebells	Chris M	Riverside	20:00	Hot Hatha Yoga	Sharon	Hot													11:00	Pulse	Lydia M	M&B
20:30	Hot Hatha Yoga	Ruben	Hot																	11:15	Kettlebells	Aaron	HIT
																				11:30	Hot Dynamic Pilates	Carl	Hot
																				11:45	Speed Fiends	Maria	Rig
																				12:00	Method	Lydia M	M&B
																				12:15	The WOD	Aaron	HIT
																				12:30	Hot Vinyasa Yoga	David	Hot
																				12:45	Sweat X	Maria	Rig
																				13:15	Formula 3	Aaron	HIT
																				13:30	Hot Hatha Yoga	David	Hot
																				14:00	Hot Vinyasa Yoga	Peace	M&B
																				14:30	Hot Vinyasa Yoga	David	Hot
																				15:00	Hot Yin Yoga	Peace	M&B
																				15:30	Hot Hatha Yoga	David	Hot

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.

Third Space

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