



# CLASS DETAILS



**BOXING EXL**

A boxing circuit combining kickboxing fundamentals, function training, sparing, and agility, focused on increasing your cardiovascular and muscular endurance while learning new kickboxing skills that will lead to optimal changes in your body composition and destress.

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**FUNCTION EXL**

A high intensity circuit combining resistance exercises & bodyweight interval training, focused on increasing your cardiovascular and muscular endurance that will lead to optimal changes in your body composition.

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**BIO-FUNCTION**

A circuit session focused on high repetitions of bodyweight resistance exercises. The main benefits include improved cardiovascular and muscular endurance, increasing calorie expenditure for optimal body composition.

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**META-FUNCTION**

A high intensity circuit session combining resistance exercises & high intensity interval training on cardio machines. It is focused on increasing your cardiovascular and muscular endurance that will lead to optimal changes in your body composition.

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**ENDURE FUNCTION**

An endurance designed session, combining cardiovascular conditioning with functional circuit training. This workout focuses on improving your heart health, muscle endurance and body composition.

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**KB FUNCTION**

This kettlebell-focused class is a full body workout aimed at learning the basics of using kettlebells, whilst still training at a high intensity. Along with cardiovascular and muscular endurance, the class also focuses on utilizing and increasing your power.

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**ENDURE SWIFT**

A quick high intensity endurance based designed session, combining cardiovascular conditioning with functional circuit training. This workout focuses on improving calorie expenditure, muscle endurance, leading to optimal changes in your body composition



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### **META BOXING**

The class is the specific combination of boxing and metabolic exercises which duplicates the real competition environment. As a benefit you will improve your boxing strike techniques in addition to increased aerobic and anaerobic capacities.

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### **FUNCTION RUN**

This running-based circuit class targets your cardiovascular conditioning using a combination of running and specific functional exercises. Combining these will enhance the efficiency of your running technique.

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### **DEFINE DUATHLON**

A full body circuit class inspired by the duathlon. Increased strength, power and anaerobic capacity, from using a combination of resisted sprints & strength training, will help you improve your athletic performance and get stronger.

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### **SPIN STR**

This cardio cycle group class is developed to target cardiovascular conditioning to develop your cycling endurance indoors and outdoors. Focusing on cadence, terrains and intensity control, improving performance, stamina and your experience on the bike.

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### **ENDURE SPIN**

This cardio cycle group class is developed to target cardiovascular conditioning, and to develop your cycling endurance both indoors and outdoors. The class improves your strength and stamina on the bike through a mixed class format.

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### **META-SPIN**

This cardio cycle group class is developed to target cardiovascular conditioning to develop your cycling endurance indoors and outdoors. Focusing on interval training, hills and flat sections to improve your strength, stamina and your experience on the bike.



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<b>PERFORM</b>	Sport-specific circuit training combining resistance exercises and dynamic movements with active recovery. This training method leads to an increase in physical attributes such as explosive strength, sprinting, and jumping—which when trained consistently, will improve your athletic performance.
<b>PERFORM RUN</b>	A high intensity training class based on running, combined with a training of resistance exercises. As a result, participants will improve stamina, cardiovascular endurance, and muscle strength.
<b>PERFORM ROW</b>	A high intensity training class based on rowing, combined with a training of resistance exercises. As a result, participants will improve stamina, cardiovascular endurance, and muscle strength.
<b>PERFORM RELAY</b>	A team circuit session combining cardio and resistance exercises. Challenge yourself as part of a team and work together to surpass your limits. Improve your muscular endurance and cardiovascular strength in a fun, competitive environment.
<b>DEFINE UPPER</b>	An upper body circuit that uses resistance exercises. Increased muscle gain will accelerate metabolism, leading to a better physique. Combine all DEFINE classes to experience a structured full body training program in a group setting.
<b>DEFINE FULLBODY</b>	A full body circuit that uses resistance exercises. Increased muscle gain will accelerate metabolism, leading to a better physique. Combine all DEFINE classes to experience a structured full body training program in a group setting.
<b>DEFINE BASE</b>	A legs, glutes & core circuit that uses resistance exercises. Increased muscle gain will accelerate metabolism, leading to a better physique. Combine all DEFINE classes to experience a structured full body training program in a group setting.
<b>DEFINE LOWER</b>	A lower body circuit that uses resistance exercises. Increased muscle gain will accelerate metabolism, leading to a better physique. Combine all DEFINE classes to experience a structured full body training program in a group setting.
<b>DEFINE STEM</b>	A core circuit that uses resistance integrated core exercises. Increased core strength will develop stability, leading to better performance. Combine all DEFINE classes to experience a structured full body training program in a group setting.

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### **RUN SWIFT**

Quick running session performed to challenge the cardiovascular fitness through high intensity training, leading to an increase VO2 max. Aside from this will see changes in body composition and running technique.

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### **TENSION**

Tension is a suspension class aimed to maximise workload in 3 main muscle groups (Lower body, Upper body, Core). This session will leads to increased hormonal response, strength, endurance, and improved body composition.

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### **FORM SWIFT**

A quick mobility class that combines myofascial release, flexibility, and bodyweight resistance exercises. This session improves your range of motion during exercise and recovery that transfers to better everyday movement patterns.

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### **META-PERFORM**

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**PILATES MAT**

Our Foundations Class provides an opportunity to learn the principles of Joseph Pilates' work, designed to deliver profound results. Pilates works through progressive levels, where you will discover a newfound feeling of control and efficiency of your body and mind. This foundational class is offered in a small-group environment, taking you through the basics and essentials. Your instructor will closely monitor your progress and provide the adequate verbal and tactile cues and corrections. Adaptable for beginners.

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**PILATES REFORMER**

This is our Signature Pilates class, which is a unique mindful movement experience based off of the principles of Joseph Pilates' work, fused with a modern essence. Designed to deliver profound results, we take you through a bespoke series of mat & reformer exercises, where you will discover a newfound feeling of control and efficiency of your body and mind. Not advised for complete beginners. Our Foundations Class is recommended to ensure the safety of all members.

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**BARRE DEFINE**

A technically choreographed dance and Pilates-inspired class resulting in a strong core while improving flexibility, posture, and strength.

Move through a series of consciously choreographed steps, which progressively build into a full routine. Work the entire body and target small, stabilizing muscle groups through dynamic and isometric movements.

The workout is technical and upbeat, utilizing light equipment and high repetitions.

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**YOGA STILL**

A slow rhythmic Hatha yoga flow, aimed at centering and grounding. The parasympathetic/resting nervous system is activated, and can then be used as a recovery method. Emphasis is placed on mindfully moving through asanas, and utilizing breath for the duration of the class. Adaptable for all levels, beginners are welcome.

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**YOGA FLOW**

A vinyasa-inspired class characterized by flowing poses, linked to breath and designed to create heat. This fast paced class will challenge your strength, coordination, balance, and flexibility. The creative play between sequences will leave you with greater body awareness. Interesting variations are introduced during the class to allow for adaptability to different ability levels, beginners are welcome.

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**YOGA HATHA**

Rediscover Balance with Classical Hatha Yoga: Align your body, mind, and spirit through ancient postures and breathing techniques. Cultivate harmony between sun and moon energies within you. Elevate consciousness by mindfully entering diverse poses. Experience the transformative journey of connecting with your inner self & restore the essence of authentic Yoga for holistic well-being.

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**YOGA SYNC**

Singing bowls will be used in this class to facilitate elements of meditation and relaxation. Recovery yoga—including types such as Restorative and Yin—will be blended into this healing practice to achieve optimal results. This class may use the support of props such as bolsters, blocks, or blankets to allow for further relaxation. Adaptable for all levels, beginners are welcome.

**PRANA BREATHE**

Breath work, or pranayama in Sanskrit, is the yogic practice of focusing on breath. Prana means "vital life force"; yama means to gain control. In yoga, we practice breath to evaluate life energies, and to improve mental, physical, and spiritual well-being. There are many forms of breath work therapy that involve breathing in a conscious and systematic way, which can promote deep relaxation and help in feeling reenergized. Adaptable for all levels, beginners are welcome.

**YIN SWING YOGA**

The swing is hung very close to the floor and offers support to ease into deep stretches. The swing also helps to correct the body posture while easing into seated or supine stretches.

It's the ideal way to increase flexibility and take pressure off of the nervous system.

When combining it with sound healing, we are able to create a feeling as if the client is floating while altering their state of awareness with sound therapy.

**POWER SWING YOGA**

hips height level Aerial Yoga combining traditional yoga poses, pilates, and dance using the hammock.

The moderate paced class includes continuous pull, kick and hang, which will challenge your strength, coordination, balance and flexibility as well as develops proprioception.

Defying gravity is one of the core beliefs and purposes of this class, hanging from a hammock will make your body perform greater effort to support the pose, making this a training that will involve your whole body.

**CORE YOGA**

A core-based yoga session. A sequence of movements that target the core muscles, which build stability and strength around the center of your body & help empowers the mind and spirit. This practice aims at teaching to communicate with the bodies and access the spiritual core, achieving inner power.

**VINYASA YOGA**

This is a Vinyasa-based yoga class linking conscious breath with dynamic fluid movement, that includes sequences flowing together a little bit like a dance with breathing that controls and directs the timing and coordination of the move. increasing mobility and range of motion while restoring your parasympathetic nervous system.

**SUNSET YOGA**

Immerse yourself in tranquility with our sunset yoga class. As the sun dips below the horizon, join us for a session that effortlessly combines gentle poses and calming breathwork. Let the serene backdrop of dusk guide your practice, allowing you to let go of the day's tensions and find inner balance. By embracing the simplicity of this moment, you'll experience the profound benefits of grounding yourself in the present.

**HOT YOGA**

Elevate Your Practice with Hot Yoga: Immerse yourself in a heated environment ranging from 30 to 38°C. Experience a rejuvenating session that enhances flexibility, burns calories, boosts cardiovascular health, build bone density & reduce stress through dynamic poses and controlled heat. Join us for a transformative journey that nurtures both body and mind, fostering holistic well-being.



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**ACTIVATE**

Activate the muscles pre work out through dynamic stretching and drills that will enhance your over all performance.

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**RESTORE**

Active recovery through a static stretching session aiming to help your muscles recover post the intense workout.

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**PACE | JOG**

A gently paced communal jog exploring different locations through movement. Activating your cardiovascular system leading to enhanced lung function.

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