



CLASS TIMETABLE

MONDAY

6.45am Total Performance Circuit **s**
Ebony Webber
4.45pm Aqua Vitality **ip** Lynda Festa

TUESDAY

8.30am Pilates **s** Lynda Festa
9.30am Pilates **s** Lynda Festa
10.30am Body Conditioning **s** Lynda Festa
11.30am Pilates **s** Lynda Festa
5.30pm Pilates **s** Lynda Festa
6.30pm Legs Glutes & Core **s** Lynda Festa
7.30pm Body Conditioning **s** Lynda Festa

WEDNESDAY

6.45am Full body burn **s** Ebony Webber
9.15am Sculpt & Tone **s** Ebony Webber
10.15am Sculpt and Tone **s** Ebony Webber
5.30pm HIIT **s** Lynda Festa
6.30pm Pilates **s** Lynda Festa
7.30pm Aqua Vitality **ip** Lynda Festa

THURSDAY

7am Total Performance Circuit **s**
Lynda Festa
9am Aqua Vitality **ip** Lynda Festa
10am Legs, Glutes & Core **s** Lynda Festa
7.30pm Pilates **s** Lynda Festa

FRIDAY

6.45am Full Body Burn **s** Ebony Webber
10.15am Body Conditioning **s** Ebony Webber
11.15am Body Conditioning **s** Ebony Webber

KEY

s Class held in the studio
ip Class held in the indoor pool

All classes are 45 minutes

CLASS INFORMATION

Total Performance Circuit

An expertly guided full-body circuit incorporating resistance machines, cardio equipment and functional training zones. Designed to enhance muscular endurance, cardiovascular health and gym confidence in a structured class format. Get ready to sweat and work!

Strength & Precision

A performance-driven session focused on function strength, joint stability and muscular balance. Ideal for those seeking improved physical resilience, power and long-term conditioning.

Body Conditioning

A low-impact, results-focused workout targeting all major muscle groups. Bodyweight is used to enhance tone, mobility and muscular endurance in a controlled format.

Aqua Vitality

A refreshing aqua workout designed to promote cardiovascular fitness, joint mobility and muscle tone - all without impact. Ideal for those seeking an energising, therapeutic approach to movement in the water.

Pilates

A focused, mat based practice designed to enhance core integrity, postural alignment and muscular control. Perfect for those seeking mindful movement, improved mobility and functional strength.

Full Body Burn

An invigorating, high energy class that combines compound strength, core engagement and metabolic conditioning for a total-body transformation. Designed for individuals who value performance and intensity.

Sculpt & Tone

A meticulously structured session that blends light resistance, high repetition and targeting toning for visible definition and postural grace. Ideal for those seeking lean muscle, strength and physical refinement.

HIIT

A structured, high-intensity interval training session designed for efficiency and performance. Expect a programme targeted for enhancing cardiovascular capacity, metabolic rate and total body strength.

Legs, Glutes, Core

A refined take on the classic 'Legs, Bums & Tums' — this session focuses on shaping and strengthening the areas that matter most. With targeted lower-body work and deep core activation, it delivers noticeable definition, posture support, and lower-body endurance in an elegant, energised format.



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