

SEPTEMBER

MAIN STUDIO CLASSES

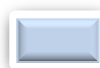
TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00		Jon		Jon	Jon		
8:00	Private Booking Male Only		Private Booking Male Only		Private Booking Male Only		
12:30	Jon	Mike	Jon	Jon	Jon		Eduardo
13:30	Jon	Rahul	Jon	Vijay	Jon		Mike
14:30	15:00 Private Booking Female Only	Private Booking Female Only	15:00 Private Booking Female Only	Private Booking Female Only		Bogdan	
17:00	Rahul	Bogdan	Bogdan	Mike		Bogdan	
18:10	Mike	Bogdan	Bogdan	Nikola	Bogdan		
19:10	Oscar	Erick	Mike	Nikola	Bogdan		



BODY & MIND



SHAPE



CARDIO



HIIT



Talise Wellness



Talise Fitness



Talise Fitness

DISCOVER YOUR INNER POTENTIAL

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GX CLASSES DESCRIPTION

CARDIO – Improve your cardiovascular system and burn calories

LES MILLS TONE™ is the 45-min total body workout combining 25-min of low-impact cardio with band work for strength, core back and abs. Burn fat, tone and shapes your muscles.

SPINNING is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within - sweat and burn to reach your endorphin high.

ZUMBA is a fitness class that combines dance and fitness moves. Inspired by Latin dance and music, Zumba uses a variety of styles in its routines, including Cumbia, Merengue, salsa, reggae ton, mambo, rumba, flamenco, and hip hop. You could burn between 350 to 700 calories per class; it all depends on how you exert yourself!

BOXING is conditioning workout using boxing techniques and training methods.

SHAPE – Sculpt and strengthen your muscles and change the shape of your body

BODYPUMP™ is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift and curl. Using barbells, this class will sculpt tone and strengthen your entire body.

TRX is a revolutionary method of leveraged body weight exercise, using the TRX suspension trainer. A complete body workout that builds power, strength, flexibility, balance, mobility and core stability.

LBT or Legs, Bums and Tums, is a fun workout designed to tackle those problem areas whilst increasing your fitness levels.

CORE is 30min workout that targets the mid-section of your body and gets you results where it counts the most.

HIIT (High Intensity Interval Training) - Burn more calories in a shorter period of time

GRIT SERIES Scientifically proven LES MILLS GRIT™ works. Set new fitness goals – then smash them! Put your metabolism into overdrive, burning calories for hours after the workout. Forget hours of training – 30 minutes are all it takes.

CIRCUIT HIIT is a 45-minute HIIT workout designed to increase cardiovascular fitness, improve body conditioning and burn fat fast.

BODY & MIND – Release stress, improve flexibility and strengthen your core

YOGA Unify the mind, the body and the breath, beneficial for everyone. Improve flexibility and balance.

FITNESS PILATES is a workout that focuses on postural alignment and improving core strength.



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