





MOVE CLASSES

MAR.22

Kindly note that we do not currently provide **towels, slippers or swimwear** as preventive measures to ensure your safety during COVID times, please bring your own.



MON

TIME	CLASS NAME	COACH	STUDIO	DURATION
06:15AM	META-SPIN <small>LADIES ONLY</small>	MARY	2A	45 MIN
06:15AM	TENSION	ALBERTO	1B	45 MIN
07:15AM	DEFINE FULLBODY	MARIA	1B	45 MIN
09:15AM	META-STEP <small>LADIES ONLY</small>	MARY	1B	45 MIN
11:00AM	DEFINE FULLBODY <small>LADIES ONLY</small>	CHRYSTALLA	1B	45 MIN
04:00PM	BIO-FUNCTION	BEKA	1C	45 MIN
04:00PM	PERFORM ROW	JONO	MB	45 MIN
04:30PM	DEFINE DUATHLON	KRISTY	2B	45 MIN
05:00PM	META-STRIKE	ASMA	1C	45 MIN
05:00PM	PERFORM RUN	STEVE	MA	45 MIN
05:00PM	FUNCTION FORM	CHARBEL	1A	45 MIN
06:00PM	META-SPIN	JONO	2A	45 MIN
06:00PM	STEM EXL <small>LADIES ONLY</small>	JULIANA	1B	45 MIN
06:00PM	KB FUNCTION	KRISTY	MA	45 MIN
07:00PM	META-STRIKE	BEKA	1C	45 MIN
07:00PM	FUNCTION EXL	CHARBEL	1A	45 MIN
07:00PM	BIO-ENDURE <small>LADIES ONLY</small>	ASMA	1B	45 MIN
08:00PM	DEFINE FULLBODY	STEVE	1B	45 MIN
08:00PM	SPIN STR	JULIANA	2A	35 MIN

TUE

06:15AM	BIO-FUNCTION <small>LADIES ONLY</small>	ASMA	1B	45 MIN
06:15AM	ENDURE SPIN	JULIANA	2A	45 MIN
07:15AM	META-STRIKE	BEKA	1C	45 MIN
09:15AM	STRIKE STR <small>LADIES ONLY</small>	ASMA	1C	45 MIN
11:00AM	TENSION <small>LADIES ONLY</small>	MARY	1B	45 MIN
12:00PM	FORM SWIFT <small>LADIES ONLY</small>	JULIANA	1B	30 MIN
04:30PM	FUNCTION RUN	CHARBEL	2B	45 MIN
04:30PM	META STEP <small>LADIES ONLY</small>	MARY	1B	45 MIN
04:30PM	UNI-FUNCTION	JONO	1A	45 MIN
05:30PM	ENDURE SPIN	MARY	2A	45 MIN
05:30PM	PERFORM ROW	CHRYSTALLA	MB	45 MIN
05:30PM	DEFINE FUNCTION	ALBERTO	1A	45 MIN
06:30PM	META-SPIN <small>LADIES ONLY</small>	KRISTY	2A	45 MIN
06:30PM	TENSION	CHARBEL	1A	45 MIN
06:30PM	BIO-FUNCTION	JONO	1C	45 MIN
07:30PM	DEFINE BASE <small>LADIES ONLY</small>	CHRYSTALLA	1B	45 MIN
07:30PM	PERFORM STR	ALBERTO	MA	45 MIN
08:00PM	FORM SWIFT	KRISTY	1A	30 MIN

KINDLY BOOK ALL CLASSES IN ADVANCE AND ARRIVE 5 MINUTES BEFORE SESSION.
ONCE ACTIVATION SECTION OF THE CLASS IS COMPLETE, MEMBERS WILL NOT GAIN ACCESS TO THE CLASS.
FOR ALL STRIKE CLASSES PLEASE BRING YOUR OWN GLOVES. THANK YOU.



WED

TIME	CLASS NAME	COACH	STUDIO	DURATION
06:15AM	FUNCTION RUN <small>LADIES ONLY</small>	KRISTY	2B	45 MIN
06:15AM	BIO-FUNCTION	CHARBEL	1C	45 MIN
07:15AM	DEFINE STEM	STEVE	1B	45 MIN
09:15AM	META-SPIN <small>LADIES ONLY</small>	MARY	2A	45 MIN
11:00AM	TENSION <small>LADIES ONLY</small>	KRISTY	1B	45 MIN
12:30PM	FORM	MARY	1B	45 MIN
05:00PM	DEFINE BASE <small>LADIES ONLY</small>	JULIANA	1B	45 MIN
05:00PM	BIO-FUNCTION	BEKA	1C	45 MIN
05:00PM	UNI-FUNCTION	JONO	1A	45 MIN
06:00PM	DEFINE FUNCTION	MARIA	1A	45 MIN
06:00PM	META-STRIKE	ASMA	1C	45 MIN
07:00PM	BIO-FUNCTION <small>LADIES ONLY</small>	ASMA	1B	45 MIN
08:00PM	KB FUNCTION	BEKA	MA	45 MIN
08:00PM	ENDURE SPIN	MARIA	2A	45 MIN

THU

06:15AM	SPIN STR	CHRYSTALLA	2A	35 MIN
06:15AM	PERFORM	ALBERTO	MA	45 MIN
07:15AM	DEFINE FULLBODY <small>LADIES ONLY</small>	MARIA	1B	45 MIN
09:15AM	DEFINE STEM <small>LADIES ONLY</small>	MARIA	1B	45 MIN
11:00AM	BIO-ENDURE <small>LADIES ONLY</small>	ASMA	1B	45 MIN
12:00PM	META-DUATHLON	CHRYSTALLA	2B	45 MIN
04:30PM	TENSION	MARY	1B	45 MIN
05:30PM	DEFINE STEM <small>LADIES ONLY</small>	ASMA	1B	45 MIN
05:30PM	META-STRIKE	BEKA	1C	45 MIN
06:30PM	BIO-FUNCTION	CHARBEL	1C	45 MIN
06:30PM	STRIKE <small>LADIES ONLY</small>	ASMA	1B	45 MIN
06:30PM	SPIN STR <small>LADIES ONLY</small>	MARY	2A	35 MIN
07:30PM	PERFORM ROW	BEKA	MB	45 MIN
07:30PM	FORM	CHARBEL	1B	45 MIN

KINDLY BOOK ALL CLASSES IN ADVANCE AND ARRIVE 5 MINUTES BEFORE SESSION.
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FRI

TIME	CLASS NAME	COACH	STUDIO	DURATION
06:15AM	TENSION <small>LADIES ONLY</small>	KRISTY	1B	45 MIN
06:15AM	META-SPIN	JONO	2A	45 MIN
09:15AM	BIO-FUNCTION <small>LADIES ONLY</small>	KRISTY	1C	45 MIN
11:00AM	DEFINE BASE <small>LADIES ONLY</small>	CHRYSTALLA	1B	45 MIN
01:00PM	DEFINE FULLBODY <small>LADIES ONLY</small>	CHRYSTALLA	1B	45 MIN
02:00PM	PERFORM ROW	JONO	MB	45 MIN
03:00PM	META-DUATHLON	STEVE	2B	45 MIN
04:00PM	FUNCTION EXL	ALBERTO	1A	45 MIN
04:00PM	DEFINE STEM	MARIA	1B	45 MIN
05:00PM	META-SPIN	CHRYSTALLA	2A	45 MIN
05:00PM	DEFINE UPPER	STEVE	1B	45 MIN
06:00PM	PERFORM	ALBERTO	MA	45 MIN
06:15PM	DEFINE FULLBODY <small>LADIES ONLY</small>	MARIA	1B	45 MIN

SAT

09:30AM	META SPIN <small>LADIES ONLY</small>	MARIA/MARY	2A	45 MIN
09:30AM	STRIKE	BEKA/ASMA	1C	45 MIN
10:30AM	DEFINE BASE <small>LADIES ONLY</small>	ASMA/MARY	1B	45 MIN
12:00AM	ENDURE SPIN	MARY	2A	45 MIN
11:30AM	PERFORM ROW	BEKA	MB	45 MIN
12:30PM	PERFORM RUN	STEVE	MA	45 MIN
03:30PM	DEFINE FULLBODY <small>LADIES ONLY</small>	MARY/MARIA	1B	45 MIN
04:30PM	META-STRIKE <small>LADIES ONLY</small>	ASMA	1B	45 MIN
04:30PM	FUNCTION STEM	STEVE/MARIA	1A	45 MIN

SUN

09:30AM	META-SPIN	JULIANA/KRISTY	2A	45 MIN
10:30AM	PERFORM	ALBERTO	MA	45 MIN
10:30AM	ENDURE SPIN <small>LADIES ONLY</small>	KRISTY/JULIANA	2A	45 MIN
11:30AM	TENSION <small>LADIES ONLY</small>	KRISTY/CHRYSTALLA	1B	45 MIN
11:30AM	FUNCTION EXL	ALBERTO/JONO	1A	45 MIN
12:30PM	FORM STR	CHARBEL	1B	45 MIN
03:30PM	DEFINE DUATHLON <small>LADIES ONLY</small>	KRISTY	2B	45 MIN
03:30PM	PERFORM	CHRYSTALLA	MA	45 MIN
04:30PM	BIO-FUNCTION	CHARBEL	1C	45 MIN
04:30PM	ENDURE SPIN	JONO/CHRYSTALLA	2A	45 MIN

KINDLY BOOK ALL CLASSES IN ADVANCE AND ARRIVE 5 MINUTES BEFORE SESSION.
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CLASS DETAILS



FUNCTION	A full body circuit class focused on functional resistance training, aimed at improving your muscular endurance. This session is designed to increase calorie expenditure resulting in body composition adaptations.
FUNCTION EXL	A high intensity circuit combining resistance exercises & interval training, focused on increasing your cardiovascular and muscular endurance that will lead to optimal changes in your body composition.
FUNCTION STEM	A core session focused on functional resistance training, leading to improved balance and core strength. You will learn the importance of breath-work and its impact on core stability.
FUNCTION FORM	A mobility circuit focused on functional strength exercises combined with self-myofascial release techniques. Strengthening the muscles that support your spine will reduce the risk of injury and improve posture.
DEFINE FUNCTION	A strength circuit introducing eccentric training wherein the muscle lengthens at a slow and controlled tempo, increasing your muscle mass, strength, power, and speed. Incorporate this into your strength training plan for optimal results.
UNI-FUNCTION	A unique class where every exercise is performed unilaterally (single-arm or single-leg). This method doubles the training volume and increases intensity. As a result, you significantly improve cardiovascular endurance, muscular endurance, and core strength.
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.
FUNCTION SWIFT	A quick circuit combining resistance exercises & high intensity interval training, focused on increasing your cardiovascular and muscular endurance that will lead to optimal changes in your body composition.



STRIKE STR	This class consists of a combination of learning, practice and improving the strike power. You will learn basic boxing strikes, stances, combinations and defence positions and improve your punching power, along with muscle endurance, stamina and coordination. Ideal for member who are starting their boxing journey.
META-STRIKE	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.
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.
FUNCTION CYCLE	This cycle-based circuit class targets your cardiovascular conditioning using a combination of cycling and specific functional exercises. Combining these will enhance the efficiency of your cycling technique.
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.
META-DUATHLON	This resistance, running and cycling class is a HIIT circuit, targeting your anaerobic conditioning and muscular endurance, all whilst expending a higher level of calories.
ENDURE DUATHLON	This running and cycling cardio session is inspired by the Duathlon. It will help you improve your cardiovascular conditioning and is fantastic preparation for outdoor cycling or running.
META-STEP	A high-intensity cardio workout with classic 32-count step choreography that boosts your cardiovascular health combined with resistance training routines. Created to expand calories expenditure whilst improving muscular definition.
ENDURE STEP	A cardio workout with classic 32-count step choreography that improves overall fitness by increase your cardiovascular endurance leading to an improve in body composition and boosting your cardiovascular health. Created to expand calories expenditure whilst improving muscular definition.



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.
PERFORM STR	Learn the fundamentals of resistance training by working on major movement patterns such as squatting, hinging, pushing and pulling. This will improve your neuromuscular control, exercise technique, and help to build confidence when training with or without resistance.
PERFORM	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.
PERFORM RUN	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.
PERFORM ROW	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.
ROW STR	Learn the fundamentals of rowing in this class, helping you increase the efficiency of your technique. Along with improving your cardiorespiratory fitness.



DEFINE UPPER	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.
DEFINE FULLBODY	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.
DEFINE BASE	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.
DEFINE LOWER	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.
DEFINE STEM	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.
STEM EXL	An intense core circuit using resistance and bodyweight exercises to prepare and strengthen the muscles, protecting the spine. This session improves core strength, muscle endurance, and power, resulting in better core stability and posture.
BIO-ENDURE	Bio-Endure is a bodyweight aerobic class. This class will improve cardiovascular and muscular endurance, all whilst expending a higher level of calories.
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.



FORM STR

An introduction to mobility and flexibility that combines bodyweight exercises with dynamic and static stretching techniques. Adding this session into your workout routine will increase your range of motion, muscle flexibility, and improve posture.

FORM

A mobility circuit aimed at addressing movement limitations surrounding the main joints of the body. using mobility enhancing techniques this session will improve your range of motion, leading to a reduction in pain and stiffness.

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.

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.

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.

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.

