

## MOVE, PAUSE & SEEK | CLASSES



MAY.22



# DATES FOR THE DIARY

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## MONDAYS

### TRACK & LAPS MONDAYS

Whether it's your recovery or active day, get your steps in on our indoor track with the view of Al Qana waterfront. Followed by a guided meditation to allow your body to get into parasympathetic mode for recovery & replenish with an organic cleansing juice of your choice from our ANTI-BAR.

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## SATURDAYS

### ACTIVE SATURDAYS

#### 90 MINUTE SESSION

09:15AM MOVE CLASS 40MINS STUDIO 1C  
10:00AM PAUSE CLASS 40MINS STUDIO 0A  
Post-workout TASTE organic smoothie

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## 17.MAY

### THE BRIDGE GUIDE

THE BRIDGE Guide is a 60 minutes session where we go deeper into how to optimize your experience at THE BRIDGE. It is an essential hour to give you the best possible start to your journey at The Bridge. Meet in the Cinema room at 07:00PM.

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## 09.MAY

## 17.MAY

## 23.MAY

## 31.MAY

### GROUP CYCLE/SPIN FTP TESTING

FTP represents your ability to sustain the highest possible power output in a given time and regular assessments of FTP will give an indication of improvements in your performance. The assessment duration is 20 minutes and we encourage you to test once per month.  
Your result will be used to set your FTP in each of your classes, leading to a more effective training session.

**MONDAYS 05:15PM Ladies Only - 9TH & 23RD OF MAY**

**TUESDAYS 05:15PM Mixed - 17TH & 31ST OF MAY**

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## WEEKEND

### AVAILABLE PAUSE CLASSES ON WEEKEND

SATURDAY 14th of MAY  
FRIDAY 20th of MAY  
SATURDAY 21st of MAY  
SATURDAY 28th of MAY

**NO CLASSES ON SUNDAYS**

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# GROUP CLASS BRIDGING

Below is a guide on how to combine/bridge your group classes to optimize performance and allow you to train back to back classes in an effective and safe way. There are many more combinations to explore so please reach out to our coaches and they will help you optimize your training.

## MON

07:45PM	ACTIVATE	ROBBY	SEEK	1F TERRACE	15 MIN
08:00PM	DEFINE FULLBODY	STEVE	MOVE	1B	45 MIN

## TUE

05:00PM	TENSION	CHARBEL	MOVE	1A	45 MIN
06:00PM	PERFORM ROW	CHRYSTALLA	MOVE	2A	45 MIN

## WED

06:45PM	ACTIVATE	ROBBY	SEEK	1F TERRACE	15 MIN
07:00PM	META-SPIN	CHRYSTALLA	MOVE	2A	45 MIN

## THU

07:00PM	KB FUNCTION	KRISTY	MOVE	MA	45 MIN
07:45PM	RESTORE	ROBBY	SEEK	AL QANA	30 MIN

## FRI

03:30PM	BIO-FUNCTION <small>LADIES ONLY</small>	MARY	MOVE	MA	45 MIN
04:30PM	YOGA FLOW <small>LADIES ONLY</small>	MISSY	PAUSE	0A	60 MIN

## SAT

9:00AM	PILATES STEM	MISSY	PAUSE	0A	45 MIN
10:00AM	DEFINE DUATHLON <small>LADIES ONLY</small>	MOVE TEAM	MOVE	2B	45 MIN

## OFFER FOR THE MONTH

Starting on **09 MAY** you can experience **PILATES GLIDE** free of charge until the end of May. Pilates Glide is more commonly know as Pilates Reformers and is 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.



MON

TIME	CLASS NAME	COACH	TRACK	LOCATION	DURATION
06:15AM	FUNCTION EXL	ALBERTO	MOVE	1A	45 MIN
07:15AM	META-FUNCTION	CHRYSTALLA	MOVE	1C	45 MIN
08:45AM	ENDURE SPIN <small>LADIES ONLY</small>	MARY	MOVE	2A	45 MIN
10:00AM	DEFINE FULLBODY <small>LADIES ONLY</small>	CHRYSTALLA	MOVE	1B	45 MIN
11:00AM	PILATES STR <small>LADIES ONLY</small>	MISSY	PAUSE	0A	60 MIN
12:15 PM	PILATES GLIDE	MISSY	PAUSE	0A	60 MIN
04:00PM	PERFORM ROW	JONO	MOVE	MB	45 MIN
04:30PM	PILATES GLIDE <small>LADIES ONLY</small>	MISSY	PAUSE	0A	60 MIN
05:00PM	META-FUNCTION	BEKA	MOVE	1C	45 MIN
05:00PM	PERFORM RUN	STEVE	MOVE	MA	45 MIN
05:00PM	FUNCTION <small>LADIES ONLY</small>	ASMA	MOVE	1B	45 MIN
05:45PM	TRACK & LAPS	ROBBY	SEEK	AL QANA	45 MIN
05:45PM	YOGA STILL <small>LADIES ONLY</small>	MISSY	PAUSE	0A	60 MIN
06:00PM	META-SPIN	JONO	MOVE	2A	45 MIN
06:00PM	BIO-FUNCTION	CHARBEL	MOVE	1C	45 MIN
06:00PM	DEFINE BASE <small>LADIES ONLY</small>	JULIANA	MOVE	1B	45 MIN
06:45PM	ACTIVATE	ROBBY	SEEK	1F TERRACE	15 MIN
07:00PM	YOGA FLOW	MISSY	PAUSE	0A	60 MIN
07:00PM	PERFORM ROW	BEKA	MOVE	MA	45 MIN
07:00PM	STRIKE	ASMA	MOVE	1C	45 MIN
07:00PM	DEFINE FULLBODY <small>LADIES ONLY</small>	KRISTY	MOVE	1B	45 MIN
07:45PM	ACTIVATE	ROBBY	SEEK	1F TERRACE	15 MIN
08:00PM	DEFINE FULLBODY	STEVE	MOVE	1C	45 MIN
08:00PM	ENDURE SPIN <small>LADIES ONLY</small>	JULIANA	MOVE	2A	45 MIN
08:00PM	FORM	KRISTY	MOVE	1A	45 MIN
08:30PM	INHALE	ROBBY	SEEK	ROOFTOP	30 MIN

KINDLY BOOK ALL CLASSES IN ADVANCE AND ARRIVE 5 MINUTES BEFORE SESSION TO ENSURE YOUR PLACE.  
FOR ALL STRIKE CLASSES PLEASE ATTEND WITH YOUR OWN BOXING GLOVES, THANK YOU.





TUE

TIME	CLASS NAME	COACH	TRACK	LOCATION	DURATION
06:15AM	META-SPIN	JULIANA	MOVE	2A	45 MIN
06:15AM	BIO-FUNCTION <small>LADIES ONLY</small>	ASMA	MOVE	1B	45 MIN
07:15AM	META-STRIKE	BEKA	MOVE	1C	45 MIN
08:45AM	DEFINE UPPER <small>LADIES ONLY</small>	JULIANA	MOVE	1B	45 MIN
10:00AM	STRIKE <small>LADIES ONLY</small>	ASMA	MOVE	1C	45 MIN
11:15AM	YOGA STILL <small>LADIES ONLY</small>	MISSY	PAUSE	0A	60 MIN
12:30PM	PRANA BREATHE	MISSY	PAUSE	0A	30 MIN
04:00PM	ENDURE STRIKE	STEVE	MOVE	1B	45 MIN
04:30PM	PILATES GLIDE	MISSY	PAUSE	0A	60 MIN
05:00PM	PERFORM RUN	ALBERTO	MOVE	MA	45 MIN
05:00PM	TENSION	CHARBEL	MOVE	1A	45 MIN
05:00PM	TENSION <small>LADIES ONLY</small>	KRISTY	MOVE	1B	45 MIN
06:00PM	YOGA ASHTANGA LED	MISSY	PAUSE	0A	75 MIN
06:00PM	ENDURE FUNCTION	STEVE	MOVE	1C	45 MIN
06:00PM	PERFORM ROW	CHRYSTALLA	MOVE	MB	45 MIN
06:00PM	META-STEP <small>LADIES ONLY</small>	MARY	MOVE	1B	45 MIN
06:30PM	ACTIVATE	ROBBY	SEEK	1F TERRACE	15 MIN
07:00PM	META-SPIN	KRISTY	MOVE	2A	45 MIN
07:00PM	META-FUNCTION	ALBERTO	MOVE	1C	45 MIN
07:00PM	BIO-FUNCTION <small>LADIES ONLY</small>	CHRYSTALLA	MOVE	1B	45 MIN
07:30PM	PRANA BREATHE	MISSY	PAUSE	0A	60 MIN
08:00PM	RESTORE	ROBBY	SEEK	1F TERRACE	30 MIN
08:00PM	BIO-FUNCTION	JONO	MOVE	1C	45 MIN
08:00PM	FUNCTION RUN <small>LADIES ONLY</small>	MARY	MOVE	2B	45 MIN
08:00PM	FORM	CHARBEL	MOVE	1B	45 MIN

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WED

TIME	CLASS NAME	COACH	TRACK	LOCATION	DURATION
06:15AM	DEFINE LOWER	MARY	MOVE	1B	45 MIN
06:15AM	FUNCTION RUN <small>LADIES ONLY</small>	KRISTY	MOVE	2B	45 MIN
07:15AM	FUNCTION EXL	STEVE	MOVE	1A	45 MIN
08:45AM	META-SPIN <small>LADIES ONLY</small>	KRISTY	MOVE	2A	45 MIN
10:00AM	DEFINE BASE <small>LADIES ONLY</small>	MARY	MOVE	1B	45 MIN
12:00PM	PILATES GLIDE	MISSY	PAUSE	0A	60 MIN
04:00PM	KB FUNCTION	BEKA	MOVE	MA	45 MIN
04:30PM	PILATES STR	MISSY	PAUSE	0A	60 MIN
05:00PM	META-STRIKE	BEKA	MOVE	1C	45 MIN
05:00PM	PERFORM	ALBERTO	MOVE	MA	45 MIN
05:30PM	SPIN STR <small>LADIES ONLY</small>	JULIANA	MOVE	2A	45 MIN
06:00PM	PILATES GLIDE <small>LADIES ONLY</small>	MISSY	PAUSE	0A	60 MIN
06:00PM	FUNCTION EXL	CHARBEL	MOVE	1A	45 MIN
06:00PM	META-FUNCTION	CHRYSTALLA	MOVE	1C	45 MIN
06:45PM	ACTIVATE	ROBBY	SEEK	1F TERRACE	15 MIN
07:00PM	FUNCTION EXL	JONO	MOVE	1A	45 MIN
07:00PM	META-SPIN	CHRYSTALLA	MOVE	2A	45 MIN
07:00PM	DEFINE BASE <small>LADIES ONLY</small>	JULIANA	MOVE	1B	45 MIN
07:30PM	INHALE	ROBBY	SEEK	1F TERRACE	30 MIN
08:00PM	PERFORM ROW	JONO	MOVE	MB	45 MIN
08:00PM	YOGA FLOW	MISSY	PAUSE	0A	60 MIN
08:00PM	FORM	CHARBEL	MOVE	1C	45 MIN
08:00PM	RESTORE	ROBBY	SEEK	1F TERRACE	30 MIN

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THU

TIME	CLASS NAME	COACH	TRACK	LOCATION	DURATION
06:15AM	FUNCTION <small>LADIES ONLY</small>	ASMA	MOVE	1B	45 MIN
07:15AM	FUNCTION EXL	CHARBEL	MOVE	1C	45 MIN
10:00AM	ENDURE SPIN <small>LADIES ONLY</small>	CHRYSTALLA	MOVE	2A	45 MIN
12:00PM	PILATES GLIDE	MISSY	PAUSE	0A	60 MIN
04:00PM	FORM	KRISTY	MOVE	1A	45 MIN
04:00PM	FUNCTION RUN <small>LADIES ONLY</small>	MARY	MOVE	2B	45 MIN
04:30PM	YOGA STILL <small>LADIES ONLY</small>	MISSY	PAUSE	0A	60 MIN
05:00PM	DEFINE UPPER	STEVE	MOVE	1B	45 MIN
05:00PM	ENDURE SPIN <small>LADIES ONLY</small>	JULIANA	MOVE	2A	45 MIN
05:00PM	META-STRIKE	BEKA	MOVE	1C	45 MIN
05:45PM	PILATES STR	MISSY	PAUSE	0A	60 MIN
06:00PM	META-FUNCTION	ALBERTO	MOVE	1C	45 MIN
06:00PM	DEFINE FULLBODY	JONO	MOVE	1B	45 MIN
06:00PM	PACE   JOG 5KM	ROBBY	SEEK	AL QANA	60 MIN
07:00PM	STEM EXL	JULIANA	MOVE	1B	45 MIN
07:00PM	KB FUNCTION	KRISTY	MOVE	MA	45 MIN
07:00PM	ENDURE SPIN	MARY	MOVE	2A	45 MIN
07:00PM	PILATES GLIDE <small>LADIES ONLY</small>	MISSY	PAUSE	0A	60 MIN
07:45PM	RESTORE	ROBBY	SEEK	AL QANA	30 MIN
08:00PM	PERFORM RUN	STEVE	MOVE	MA	45 MIN
08:00PM	BIO FUNCTION	JONO	MOVE	1C	45 MIN
08:15PM	PRANA BREATHE	MISSY	PAUSE	0A	30 MIN

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FRI

TIME	CLASS NAME	COACH	TRACK	LOCATION	DURATION
06:15AM	FUNCTION RUN <small>LADIES ONLY</small>	JULIANA	MOVE	2B	45 MIN
07:15AM	META-SPIN	JONO	MOVE	2A	45 MIN
09:00AM	BIO FUNCTION <small>LADIES ONLY</small>	KRISTY	MOVE	1C	45 MIN
10:00AM	YOGA ASHTANGA LED <small>ON 20th OF MAY</small>	MISSY	PAUSE	0A	75 MIN
10:00AM	DEFINE BASE <small>LADIES ONLY</small>	JULIANA	MOVE	1B	45 MIN
11:30AM	YOGA STILL <small>ON 20th OF MAY</small>	MISSY	PAUSE	0A	60 MIN
01:00PM	DEFINE FULLBODY <small>LADIES ONLY</small>	KRISTY	MOVE	1B	45 MIN
02:00PM	PERFORM ROW	JONO	MOVE	MB	45 MIN
03:45PM	PRANA BREATHE <small>ON 20th OF MAY</small>	MISSY	PAUSE	0A	30 MIN
03:30PM	BIO-FUNCTION <small>LADIES ONLY</small>	MARY	MOVE	1B	45 MIN
04:30PM	YOGA FLOW <small>LADIES ONLY ON 20th OF MAY</small>	MISSY	PAUSE	0A	60 MIN
04:00PM	PERFORM	ALBERTO	MOVE	MA	45 MIN
05:00PM	DEFINE FULLBODY <small>LADIES ONLY</small>	MARY	MOVE	1B	45 MIN
05:00PM	META-FUNCTION	ALBERTO	MOVE	1C	45 MIN
06:00PM	PILATES GLIDE <small>ON 20th OF MAY</small>	MISSY	PAUSE	0A	60 MIN

PLEASE NOTE THAT PAUSE CLASSES ARE ON ALTERNATE FRIDAYS.  
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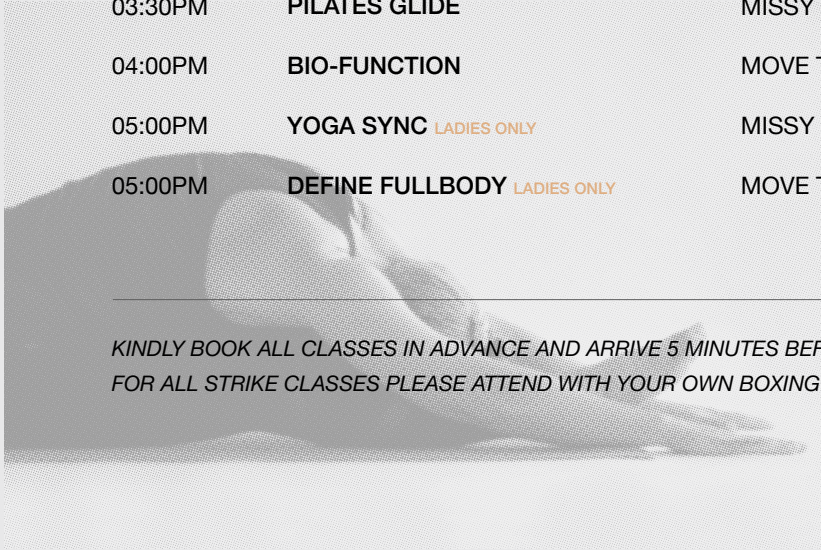




SAT

TIME	CLASS NAME	COACH	TRACK	LOCATION	DURATION
9:00AM	PILATES STEM	MISSY	PAUSE	0A	45 MIN
10:00AM	DEFINE DUATHLON <span>LADIES ONLY</span>	MOVE TEAM	MOVE	2B	45 MIN
11:00AM	META-FUNCTION	MOVE TEAM	MOVE	1C	45 MIN
12:00PM	META-SPIN <span>LADIES ONLY</span>	MOVE TEAM	MOVE	2A	45 MIN
12:00PM	DEFINE FULLBODY	MOVE TEAM	MOVE	1B	45 MIN
03:30PM	PILATES GLIDE	MISSY	PAUSE	0A	60 MIN
04:00PM	BIO-FUNCTION	MOVE TEAM	MOVE	1C	45 MIN
05:00PM	YOGA SYNC <span>LADIES ONLY</span>	MISSY	PAUSE	0A	60 MIN
05:00PM	DEFINE FULLBODY <span>LADIES ONLY</span>	MOVE TEAM	MOVE	1B	60 MIN

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SUN

TIME	CLASS NAME	COACH	TRACK	LOCATION	DURATION
10:00AM	BIO-FUNCTION	MOVE TEAM	MOVE	1C	45 MIN
11:00AM	DEFINE BASE <small>LADIES ONLY</small>	MOVE TEAM	MOVE	1B	45 MIN
12:00PM	ENDURE SPIN <small>LADIES ONLY</small>	CHRYSTALLA	MOVE	2A	45 MIN
12:00PM	PERFORM ROW	MOVE TEAM	MOVE	MB	45 MIN
04:00PM	META-FUNCTION	CHRYSTALLA	MOVE	1C	45 MIN
05:00PM	TRAIN TO RUN	ROBBY	SEEK	AL QANA	60 MIN
06:15PM	IONS	ROBBY	SEEK	AL QANA	30 MIN

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# CLASS DETAILS



<b>FUNCTION</b>	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.
<b>FUNCTION EXL</b>	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.
<b>FUNCTION SWIFT</b>	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.
<b>FUNCTION STEM</b>	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.
<b>FUNCTION FORM</b>	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.
<b>DEFINE FUNCTION</b>	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.
<b>UNI-FUNCTION</b>	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.
<b>BIO-FUNCTION</b>	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.
<b>META-FUNCTION</b>	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.
<b>ENDURE FUNCTION</b>	An endurance designed session, combining cardiovascular conditioning with functional circuit training. This workout focuses on improving your heart health, muscle endurance and body composition.
<b>KB FUNCTION</b>	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.





<b>META-STRIKE</b>	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.
<b>FUNCTION RUN</b>	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.
<b>DEFINE DUATHLON</b>	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.
<b>META-DUATHLON</b>	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.
<b>META-STEP</b>	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.
<b>BIO-ENDURE</b>	Bio-Endure is a bodyweight aerobic class. This class will improve cardiovascular and muscular endurance, all whilst expending a higher level of calories.
<b>SPIN STR</b>	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.
<b>ENDURE SPIN</b>	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.
<b>META-SPIN</b>	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.



<b>PERFORM STR</b>	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.
<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>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.
<b>TENSION</b>	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.



<b>FORM STR</b>	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.
<b>FORM</b>	A mobility circuit aimed at addressing movement limitations surrounding the main joints of the body. Through mobility enhancing techniques this session will improve your range of motion, leading to a reduction in pain and stiffness.
<b>FORM SWIFT</b>	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.





**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. Adaptable for all levels, beginners are welcome.

**PILATES STEM**

Prepare to sweat and burn in this dynamic, intense, Pilates-inspired core class, designed to activate and strengthen all of your deep stabilizing muscles--also known as your core.Expect to see additions such as arm balances and basic inversions that will keep you immersed and challenged. The class targets the whole core area for a healthy posture and stronger midsection, and is a perfect add-on after a workout or another class. Adaptable for all levels, beginners are welcome.

**PILATES STR**

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.

**PILATES GLIDE**

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.

**PILATES GLIDE EXL**

Our Athletic Reformer class is a challenging movement experience based off of the principles of Joseph Pilates' work, with a quick-paced flare.Rediscover a feeling of strength and control as we take you through a series of reformer exercises to challenge your athletic abilities. This class will move quickly through technical exercises. Not advised for complete beginners as the member needs to have some experience with Pilates practices. Our Foundations Class is recommended to ensure the safety of all members.

**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.



## 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.

## YOGA ASHTANGA LED

An athletic approach to yoga using flowing poses and sequences, linked to a strong breath pattern. Ashtanga Vinyasa Yoga is often promoted as a modern-day form of classical yoga. The Primary series - Yoga Chikitsa in Sanskrit - translates to Yoga Therapy and follows a series of set postures. The class will challenge you physically and will end with a feeling of deep relaxation. Traditionally, in the Ashtanga lineage, props and music would not be used. Adaptable for all levels, beginners are welcome.

## YOGA RESTORE

Restorative Yoga is the practice of asanas, each held for longer than in conventional yoga, often with the support of props such as folded blankets to relax the body and reduce stress. Expect to leave this session relaxed, as your body and mind becomes calmer in this recovery practice. Adaptable for all levels, beginners welcome.

## 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.

## THETA FOCUS

This is a guided meditation class where the practice is shaped by the instructor's voice, encouraging the mind to remain in the present. By focusing on meditational support such as the breathing process, physical sensations, or a sound, we are often able to achieve deeper focus for longer time periods. Numerous research studies also link meditation with an improvement of our physical and mental health. 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.

## QI-FLOW

In this low-impact, slow-motion exercise, you continually move through a series of controlled movements and postures to help build muscle strength, coordination, balance, and flexibility. As you move, you will breathe deeply and naturally, focusing your attention on the physical sensations in your body. Tai Chi classes are known to build energy whilst helping to lower stress and anxiety levels. Adaptable for all levels; beginners welcome.



<b>IONS</b>	Re-connect with the Earth and open up to the healing properties of grounding while having fun with mindful games/activities.
<b>ACTIVATE</b>	Activate the muscles pre work out through dynamic stretching and drills that will enhance your over all performance.
<b>RESTORE</b>	Active recovery through a static stretching session aiming to help your muscles recover post the intense workout.
<b>WALK &amp; FLOW</b>	A communal walk to revitalize and recover as we explore different locations through movement.
<b>PACE   JOG</b>	A gently paced communal jog exploring different locations through movement. Activating your cardiovascular system leading to enhanced lung function.
<b>TRAIN TO RUN</b>	An outdoors runners training build up designed to enhance your speed, pace, and endurance through drills, sprints, and agility work. We recommend you attend regularly and consistently to maximize its effects and achieve results.
<b>INHALE</b>	Practicing pranayama, the yogic practice of focusing on breath.
<b>THE BRIDGE GUIDE</b>	Session designed for members to introduce them to a transformational, holistic lifestyle grounded on science, and take them more deeper of what THE BRIDGE is all about and has to offer.



