



Class Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
07:00 – 07:45 L1FT	07:00 – 07:45 Boxercise	07:00 – 07:45 Spin	07:00 – 07:40 Wexer On-Demand	07:00 – 07:45 Studio Virtual Bootcamp
07:30 – 08:15 Fitness Pilates	07:45 – 08:15 Weights for Women	07:45 – 08:15 Train with the Trainer	07:45 – 08:15 Wexer On-Demand	07:45 – 08:15 Studio Virtual Sixpack Attack
12:00 – 12:30 HIIT	12:00 – 12:45 Pilates	12:00 – 12:30 Circuits	12:00 – 12:30 HEAVY	12:00 – 12:45 Pilates
12:45 – 13:15 Spin	12:45 – 13:15 Functional Fitness	12:45 – 13:30 Yoga	12:45 – 13:30 Yoga	13:00 – 13:30 Spin
17:00 – 17:45 Pump	17:00 – 17:45 Circuits	17:00 – 17:45 Functional Fitness	17:00 – 17:45 Mixed Conditioning and Core Training	17:00 – 17:45 Studio Virtual L1FT
18:00 – 18:30 Studio Virtual Yoga Vinyasa	18:00 – 18:30 Studio Virtual Bootcamp	18:00 – 18:30 Studio Virtual L1FT	18:00 – 18:30 Studio Virtual Brazilian Burn	18:00 – 18:30 Studio Virtual Zumba

Book Classes and Induction via the Technogym App
 You must have an induction before being able to book a class

energy360.club

Class Descriptions



Boxercise

A fat-burning fitness class, designed to work the whole body and get the heart pumping. Includes padwork and boxing circuits, suitable for all fitness levels.

Circuits

Circuit training, consisting of a number of different stations set up around the room, participants work through the sequence of exercises one at a time to perform as many repetitions as they can in the time frame. Suitable for anyone new to exercise and wanting a bit more guidance and support.

Fit to Begin

A beginners based fitness class which is suitable for someone new to exercising and would like more guidance in a friendly and supportive group environment, to get started on their fitness journeys.

Functional Fitness

An exercise class that supports and mimics your everyday life, focusing on developing push/pull strength, flexibility and mobility and co-ordination. Combining bending, squatting, twisting, reaching, lunging and movements that use core strength.

HEAVY

A tempo based weightlifting, 30 min strength focused format designed to build muscle and increase strength by using heavier weights, used slowly under controlled tempos with longer recovery periods. Reducing reps to focus on progressive overload and improve technique.

HIIT

High intensity interval training, short bursts of exercising with short periods of rest repeated to gain maximum intensity and improve aerobic endurance.

LBT

A cardio and resistance workout targeting the legs, bums and tums.

Lift & Lean

A resistance training workout, focusing on the benefits of strength and conditioning. A great way to improve your fitness and body composition, incorporating barbells, kettle bells and hand weights.

Mixed Conditioning and Core Training

Workout that is designed to focus on core strength and tone, exercises to improve stability, speed and injury prevention. All over body conditioning to improve physical wellbeing.

Pilates

A combination of exercises that are simple and repetitive, yet challenging. Pilates is designed to help participants develop leaner, longer muscles, focusing on strength, stability, posture and flexibility.

Pump

A full-body resistance workout using a barbell with light weights and high reps, that will shape and tone all major muscle groups. A calorie-burning class that will get you lean, toned and fit!

Spin

Indoor cycling is a form of exercise class focused on the static bike. The class is all set to motivational music to help keep you energised as you work on endurance, strength, speed and power through various cycling training methods. Suitable for all levels of fitness.

Strength

A class designed to focus on improving your strength, you will be guided through correct lifting technique as well as being helped with showing many different ways to train in the resistance area.

Train with the Trainer

Advanced mixed conditioning training, designed to really challenge and change your fitness.

Weights For Women

Specifically aimed at ladies who are looking to start adding in more weight based exercises into their training. A step by step guide into lifting weights safely, with correct form and technique to develop strength and change body shapes.

Yoga

Developed as a spiritual practise thousands of years ago, it is a practise that connects the body, mind and breath. It uses a variety of physical postures, breathing exercises and meditation to improve overall health.

Studio Virtual Yoga Vinyasa

Wexer class, combining movement with the breath to create an energising and detoxing flow.

Studio Virtual Bootcamp

Wexer class, incorporating bodyweight training for ultimate fitness.

Studio Virtual L1FT

Wexer class, a sculpt workout using handweights, plates and bodyweight exercises.

Studio Virtual Brazilian Burn

Wexer class, cardio capoeira – a dancelike martial art of Brazil.

Studio Virtual Sixpack Attack

Wexer class, a classic abs and backs workout to strengthen and define the core.

Studio Virtual Spin

Wexer class, an indoor group cycling experience to music.

Studio Virtual Zumba

Wexer class, a fun form of aerobic fitness exercise based on Latin American dance rhythms.