



SPA AND WELLNESS

- Karina
- Diane
- Adrian
- Natasha
- Louise
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- Patricia

CLASS TIMETABLE

MONDAY

Yoga Sculpt	07:00 - 07:45	Main Studio
Body Conditioning (Low Impact)	08:00 - 08:55	Main Studio
CIRCL Mobility	09:00 - 09:45	Spin Studio
Power Pump	09:00 - 09:55	Main Studio
Body Blast	10:00 - 10:55	Main Studio
Aqua	10:00 - 10:55	Pool
Zumba	11:00 - 11:55	Main Studio
Yoga - Hatha	12:30 - 14:00	Main Studio
LBT	18:15 - 19:10	Main Studio
Stretch	19:15 - 19:45	Main Studio

TUESDAY

Good Morning Pilates	07:00 - 07:45	Main Studio
Body Conditioning Step	09:00 - 09:55	Main Studio
LBT	10:00 - 10:55	Main Studio
Balance & Stretch	11:00 - 11:55	Main Studio
Body Bar Class	18:00 - 18:55	Main Studio
Pilates	19:00 - 19:55	Main Studio

WEDNESDAY

Yoga Sculpt	07:00 - 07:45	Main Studio
Spin	08:30 - 09:25	Spin Studio
Pilates	09:30 - 10:25	Main Studio
Yoga - Hatha / Yin	10:30 - 12:00	Main Studio
Zumba	17:00 - 17:55	Spin Studio
Aqua	18:00 - 18:55	Pool

THURSDAY

Body Conditioning (Low Impact)	08:00 - 08:55	Main Studio
CIRCL Mobility	09:00 - 09:45	Spin Studio
Step & Dumbbells	09:00 - 09:55	Main Studio
Aqua	10:00 - 10:55	Pool
Body Sculpture	10:30 - 11:25	Spin Studio
Pilates (Beginner)	10:30 - 11:25	Main Studio
Pilates	11:30 - 12:25	Main Studio
Body Sculpture	18:00 - 18:55	Main Studio
Stretch	19:00 - 19:30	Main Studio

FRIDAY

Good Morning Pilates	07:00 - 07:45	Main Studio
S&C - Low Impact	08:00 - 08:55	Main Studio
Cardio Tone	09:00 - 09:55	Main Studio
Body Sculpture	10:00 - 10:55	Main Studio
Shape and Stretch	11:00 - 11:55	Main Studio
Vinyasa Flow Yoga	18:00 - 18:55	Main Studio

SATURDAY

Power Pump	08:30 - 09:25	Main Studio
Yoga	09:30 - 10:30	Main Studio
Body Blast	11:30 - 12:25	Main Studio
Stretch	12:30 - 13:00	Main Studio

WAVE SPA CLASSES



BODY CONDITIONING - LOW IMPACT

A full-body workout that builds real-life strength, the kind that makes lifting, reaching and moving through your day feel easier. There's no pressure to keep up, just a supportive, inclusive class where you work at your own level, every time.

CIRCL MOBILITY

This stretch class is designed to unlock your body's potential through a powerful blend of flexibility, breathwork and mobility exercises. Based on the cutting-edge science of functional movement, you'll release physical restrictions, restore your full range of motion, and renew your core capabilities so you can move better, longer. With sound healing frequencies incorporated into the music, you'll progress through a series of Macro + Micro movements that promote muscle and joint health while enhancing your overall sense of well being. As you build flexibility and mobility, you'll also gain better control, agility, and coordination- helping you move more easily and confidently both in and out of class.

POWER PUMP

This class is a high-energy, barbell-based workout designed to strengthen and tone the entire body. It's a popular group fitness class that utilizes light to moderate weights and high repetitions to help participants burn calories, and improve overall fitness.

BODY BLAST

This class is a high-energy, workout designed to tone and strengthen the entire body. It typically combines elements of strength training, cardio, and interval training, often incorporating bodyweight exercises.

AQUA

Aqua is a popular group workout. It offers a wide range of benefits, including improved strength, stamina, and flexibility, all while being gentle on your joints. The water provides natural resistance to challenge your muscles without the impact of land-based exercises, making this class ideal for anyone with mobility issues, recovering from injury, or simply looking for a low-impact yet highly effective workout. One of the biggest advantages is that you can work at your own pace, building confidence and fitness over time, whether you're new to exercise or returning after a break. By keeping your arms, legs and core engaged throughout, you'll get even better results. And with no need to be a strong swimmer, aqua is truly accessible to all- regardless of your fitness level, confidence, or ability.

ZUMBA

Zumba® is a fun, high-energy dance fitness class perfect for everybody and every body. Designed to bring people together through movement, each session mixes low- and high-intensity moves in an interval-style workout set to infectious rhythms, making it feel more like a dance party than a traditional workout. The easy-to-follow choreography focuses on improving cardio endurance, muscle conditioning, flexibility, balance, and coordination. Whether you're new to fitness or a seasoned mover, Zumba® offers a total-body workout that boosts 'energy, burns calories, and leaves you feeling empowered, strong, and uplifted every time you leave class.

YOGA - HATHA

Recharge your batteries on a Monday lunchtime with an hour of Hatha yoga to increase your flexibility and tone your body then half hour of mindfulness meditation and breathing exercises to calm your mind. Feel rejuvenated and at peace ready for the week ahead. Suitable for all levels in a welcoming friendly class.

S&C - LOW IMPACT

Build strength in a way that's kind to your joints. S&C – Low Impact focuses on improving everyday movement with controlled, full-body exercises that help make lifting, reaching, bending and carrying feel easier. With a supportive, inclusive atmosphere and plenty of options to suit your ability, you can work at your own pace and leave feeling stronger and more confident.

WAVE SPA CLASSES



CARDIO TONE

A class designed to provide a full-body workout that combines cardiovascular exercise with muscle toning.

GOOD MORNING PILATES

Morning Pilates class typically focuses on low-impact exercises designed to improve core strength, flexibility, and balance, while also promoting mindfulness and a sense of calm.

BODY CONDITIONING STEP

A step conditioning class is a fitness class that utilises a raised platform for a cardio and toning workout. It combines stepping movements with bodyweight exercises to improve cardiovascular health, muscle endurance, and overall fitness. These classes typically involve choreographed routines that work the lower body, upper body, and core, while also providing a fun and engaging workout.

LBT

Legs, Bums, and Tums - A fitness class focused on toning and strengthening the muscles in the lower body and core. This class is design to be accessible to all fitness levels.

BALANCE & STRETCH

This class focuses on improving flexibility, balance, and body awareness through a combination of gentle exercises and mindful movement.

BODY BAR CLASS

Full body workout class where you lift weights to music. You follow an instructor and do moves like squats, lunges, and presses. Improve your fitness and endurance - All abilities welcome.

PILATES

Mat based classical pilates with some contemporary moves added in. These classes will help you achieve greater mobility, flexibility & core strength. Accessible to all levels yet challenging at the same time.

YOGA - HATHA / YIN

A fusion of Hatha and Yin yoga. This class includes floor work, standing work and balances. . A great boost for mid week. All levels welcome in a friendly group followed by a gentle rundown for sensitive souls. It's a floor based class and consists of postures, breathing exercises, meditation and relaxation.

YOGA - SCULPT

This fun class combines the flowing movements of vinyasa yoga with the added challenge of light dumbbells. This fusion creates a high-intensity, full-body workout that builds strength, increases muscle tone, and boosts cardiovascular health beyond what traditional yoga alone can provide. All levels are welcome.

VINYASA FLOW YOGA

A dynamic and inspiring class that synchronises breath with movement, transitioning smoothly between postures to create a moving meditation. The term "vinyasa" means "to place in a special way," highlighting the mindful alignment between breath and movement. These classes build physical strength and flexibility while promoting relaxation and wellness. All levels are welcome.

YOGA - SATURDAY

Bridge your busy working week or perhaps recover from a hangover from Friday night ! and prepare for a positive weekend with an uplifting yoga class consisting of limbering and standing work. All levels are welcome.

WAVE SPA CLASSES



STEP & DUMBELLS

A step conditioning class is a fitness class that utilizes a raised platform for a cardio and toning workout. It combines stepping movements with bodyweight exercises to improve cardiovascular health, muscle endurance, and overall fitness. These classes typically involve choreographed routines that work the lower body, upper body, and core, while also providing a fun and engaging workout.

SPIN & WEIGHTS

The class aims to provide a full-body workout, improving both cardiovascular fitness and muscular strength and endurance. The specific exercises and intensity will likely vary, but the combination of cardio and weights is a key feature.

BODY SCULPTURE

These classes typically incorporate weights, resistance bands, or even bodyweight exercises to challenge muscles and improve overall strength and endurance. Body sculpting can also improve body composition by reducing body fat and increasing lean muscle mass.

SHAPE UP & STRETCH

This class typically combines elements of strength training, flexibility exercises, and Pilates-inspired movements to tone and lengthen muscles, improve posture, and increase overall body awareness.

POWER PUMP

This class is a high-energy, barbell-based workout designed to strengthen and tone the entire body. It's a popular group fitness class that utilizes light to moderate weights and high repetitions to help participants burn calories, build muscle, and improve overall fitness.

BODY BLAST

This class is a high-energy workout designed to tone and strengthen the entire body. It typically combines elements of strength training, cardio, and interval training, often incorporating bodyweight exercise.

STRETCH

A stretching class THAT focuses on improving flexibility, mobility, and range of motion through various stretching techniques. These classes typically involve guided stretches, often targeting major muscle groups.