

family exercise experience

Class name	Age
Aqua	12+
Barre	12+
Body Attack	12+
Body Combat™	12+
Body Jam™	12+
Grid Training HiiT	12+
Zumba®	12+

Class name	Age
Body Balance	14+
Cardio Tennis	14+
Group Cycle	14+
Mat Pilates	14+
Outdoor Cardio Tennis	14+
Power Cycle	14+
Punch Training	14+
RPM™	14+
Tempo Cycle	14+
Yoga - Ashtanga	14+
Yoga - Hatha	14+
Yoga - Vinyasa	14+
Yoga - Yin	14+
Yoga Align	14+
Yoga Calm	14+
Yoga Flow	14+

All juniors must have a parent or guardian to accompany them in the class.

Available in the following clubs: Bromley, Solihull, Clearview, Thundersley, Northampton Riverside Park, Sheffield, Broadfield Park, Chelmsford, Nottingham, Swiss Cottage, Crouch End, Northampton Collingtree Park, Wandsworth, Mill Hill, Chiswick Riverside, Islington, Twickenham, Notting Hill, Fulham.

All cycle classes height restrictions apply.