



CARDIO CLUB

Boost your cardiovascular health and muscular stamina in our dynamic cardio class! Delve into a class with an energetic blend of time-paced exercises. Ideal for individuals aiming to improve and target their cardiovascular system and achieve a fun and engaging workout.

Coach:	Marco / Moo / Boy
Possible Class Location and Class Capacity:	Covered Pitch (20 people) / Studio 1 (10 people) / Sand pitch (20 people)
Experience Level:	All levels
Duration	50-60 min

HIIT - HIGH INTENSITY INTERVAL TRAINING

Plunge into an exciting exercise routine in our High Intensity Interval Training Class. This class involves intense bursts of exercises followed by active low impact rest periods. Participants will accelerate metabolic rates, sculpt and strengthen muscles, and amplify stamina.

Coach:	Marco / Moo
Possible Class Location and Class Capacity:	Covered Pitch (20 people) / Studio 1 (10 people) / Sand pitch (20 people) / HPC (20 people)
Experience Level:	All levels
Duration	50-60 min



METCON

Ignite your potential with our Metabolic Conditioning Class. It will combine strength, cardio, agility, anaerobic and aerobic exercises. The goal is to maximize your individual fitness potential in the shortest amount of time, which will help burn calories during and after the class.

Coach:	Marco / Moo
Possible Class Location and Class Capacity:	Covered Pitch (20 people) / Studio 1 (10 people) / Sand pitch (20 people) / HPC (20 people)
Experience Level:	All levels
Duration:	50-60 min

TIME TO LIFT

Class is tailored for individuals keen on amplifying their strength and mastering the technique of compound lifts. The structure ensures participants not only lift heavy but also lift right. Prepare to challenge yourself and remember, it's "TIME TO LIFT!"

Coach:	Marco / Moo
Possible Class Location and Class Capacity:	Studio 1 (10 people) / HPC (10 people)
Experience Level:	All levels
Duration:	50-60 min



CORE BLAST

It is a quick and effective 30-minute core class. The core is an integral part of the body and let's give it the attention it deserves. This class is a perfect fit for those with a busy lifestyle.

Coach:	Marco / Moo
Possible Class Location and Class Capacity:	Covered Pitch (20 people) / Studio 1 (15 people)
Experience Level:	All levels
Duration:	30 min

BODY SCULPT

Fuses beats of music with dynamic resistance training and bodyweight exercises. This workout embraces the power of music to help participants sculpt muscles and build functional strength.

Coach:	Chantelle / Boy
Possible Class Location and Class Capacity:	Studio 1 (12 people) / Studio 2 (8 people)
Experience Level:	All levels
Duration:	50-60 min



STRENGTH AND CONDITIONING

Strength and Conditioning is a balanced workout designed to enhance overall fitness by building muscle strength, improving cardiovascular endurance, and promoting flexibility. Whether you're an athlete or just starting out, this class will optimize help you achieve your goals and enhance day-to-day functional activities.

Coach:	Marco / Moo
Possible Class Location and Class Capacity:	Covered Pitch (20 people) / Studio 1 (10 people) / HPC (20 people)
Experience Level:	All levels
Duration:	50-60 min

BUTT & GUTS

This class is specifically designed to target the glutes and the core. A strong core and lower body are foundational to overall fitness, stability, and posture. Participants can expect a mixture of strength, endurance and cardio based training.

Coach:	Marco / Moo
Possible Class Location and Class Capacity:	Studio 1 (12 people) / Studio 2 (12 people) / HPC (15 people)
Experience Level:	All levels
Duration:	50-60 min



LIIT - LOW-INTENSITY INTERVAL TRAINING

Low-Intensity Interval Training (LIIT) is a workout regimen that involves brief periods of low-intensity exercises followed by short intervals of rest or very low-intensity exercise. LIIT is a less strenuous alternative to High-Intensity Interval Training (HIIT). The primary goal of LIIT is training without putting too much stress on the muscles or cardiovascular system.

Coach:	Marco / Moo / Boy
Possible Class Location and Class Capacity:	Studio 1 (12 people) / Studio 2 (12 people) / HPC (15 people)
Experience Level:	All levels
Duration:	45 min

BREATH FOCUS

Our Breath Focus class is a concise journey into the realm of mindful breathing. Tailored for individuals of all levels, participants will cultivate an understanding of breath's power to invigorate the mind, release pent-up tension, and anchor awareness. Learn specific techniques to improve respiratory patterns, enhance relaxation, and boost mental focus.

Coach:	Marco / Moo / Boy
Possible Class Location and Class Capacity:	Studio 1 (12 people) / Studio 2 (12 people) / Beach (25 people)
Experience Level:	All levels
Duration:	45 min



CIRCUIT TRAINING

Experience an invigorating full-body workout in our Dynamic Circuit Training class. Designed to boost stamina, improve muscular strength, and ramp up calorie burn, participants rotate through a series of diverse exercise stations. Each station targets specific muscle groups, ensuring a balanced workout. Suitable for all fitness levels, participants can modify exercises based on personal capability.

Coach:	Marco / Moo / Boy
Possible Class Location and Class Capacity:	Studio 1 (12 people) / Studio 2 (10 people) /HPC + Cover Pitch (12 people)
Experience Level:	All levels
Duration:	50-60 min

TEAM WORKOUT

Looking to meet new workout buddies or want a fun and dynamic session with your existing friends? Our Team Workout Challenge is the perfect place to bond, sweat, and smile together! Whether you're new to the community or have been with us for years, this class offers an opportunity to connect with others who share your fitness passion. Expect the unexpected as every class is designed to surprise and challenge you.

Coach:	Marco / Moo
Possible Class Location and Class Capacity:	Covered Pitch (50 people) / Sand Pitch (20 people) / HPC (50 people)
Experience Level:	All levels
Duration:	50-60 min



SUNDAY BEACH WORKOUT

This fun and sandy class used the unique resistance offered by sand to challenge the body differently than traditional workouts. Combining bodyweight exercises with light equipment allows this routine to improve agility, speed, and strength. This class could be located at the beach, sand pitch or covered pitch, it will be determined based on facility availability.

Coach:	Marco / Moo
Possible Class Location and Class Capacity:	Beach (20 people) / Sand filled (20 people) / Covered Pitch (20 people)
Experience Level:	All levels
Duration:	50-60 min

MUAY THAI

Join our beginner-friendly Muay Thai class for a taste of this iconic martial art. We focus on the basics, teaching you foundational moves and simple rhythms in a relaxed setting. Perfect for those wanting to improve fitness, boost coordination, or just try a new activity. No experience? No problem. This class is for anyone ready to learn and enjoy Muay Thai's essence without the intense contact.

Coach:	Воу
Possible Class Location and Class Capacity:	Studio 1 (+ 10 people) / Studio 2 (10 people) / HPC (15 people)
Experience Level:	All levels
Duration:	50-60 min



GYMNASTIC

Unleash your inner gymnast! Regardless of whether you're revisiting a childhood passion or trying gymnastics for the first time, this class is designed specifically for seeking to enhance flexibility, strength, and balance. Dive into foundational gymnastic movements and exercises in a safe, supportive environment.

Coach:	Marco
Possible Class Location and Class Capacity:	Studio 1 (10 people) / HPC (10 people)
Experience Level:	All levels
Duration:	50-60 min

CONDITIONING FOR FIGHT

Discover a conditioning class that draws inspiration from martial arts. This action-packed class is aimed at elevating your fitness while keeping you entertained through combat sport relevant training. No experience necessary, just a fun attitude.

Coach:	Marco / Moo / Boy
Possible Class Location and Class Capacity:	Studio 1 (10 to 15 people) / Studio 2 (10 people) / HPC
Experience Level:	All levels
Duration:	50-60 min



MAT PILATES

This class focuses on strength, stability, posture, breathing control and flexibility. It will encompass standing, sitting and laying down postures and use a variety of equipment.

Coach:	Chantelle / Marco / Moo
Possible Class Location and Class Capacity:	Studio 1 (15 people) / Studio 2 (10 people)
Experience Level:	All levels
Duration:	50-60 min

TRX

TRX is a total-body workout class that uses a suspension system to create exercises using your bodyweight. This class will involve a combination of TRX exercises and cardio exercises. It will help you achieve your fitness goals and test yourself in new ways. *Extra fee.

Coach:	Chantelle / Marco / Moo
Possible Class Location and Class Capacity:	Studio 1 (10 people) / HPC (10 people)
Experience Level:	All levels
Duration:	60 min



YIN YOGA

This class delves into the connective tissues of the body. The participants will hold poses for extended periods, allowing for deep and passive stretching and move with slow pace.

Coach:	Моо
Possible Class Location and Class Capacity:	Studio 1 (15 people) / Studio 2 (10 people) / Beach (25 people)
Experience Level:	All levels
Duration:	50-60 min

DEEP SLEEP

This class, focusing on calming to mind, Can be in sitting posture or laying down posture. Clients will release the tension to come to mine and restore balance to the body and the spirit.

Coach:	Moo / Boy
Possible Class Location and Class Capacity:	Studio 1 (15 people) / Studio 2 (10 people) / Beach (25 people)
Experience Level:	All levels
Duration:	30 min



RESTORATIVE YOGA

This class is tailored to recalibrate the body and the spirit through gentle prolonged poses, supported by props and cushions. Focus on deep relaxation of the physical body, release of emotional stress and restore your mental state.

Coach:	Moo / Boy
Possible Class Location and Class Capacity:	Studio 1 (15 people) / Studio 2 (10 people) / Beach (25 people)
Experience Level:	All levels
Duration:	50-60 min

STRESS RELIEF

This class focuses on the energy of participants. Can be in sitting posture or laying down posture. Clients will release the tension as it comes to their mind and restore balance to the body and spirit.

Coach:	Moo / Boy
Possible Class Location and Class Capacity:	Studio 1 (15 people) / Studio 2 (10 people)
Experience Level:	All levels
Duration:	30 min



STRETCHING SLOW FLOW

Revitalise your body with our Stretching SLOW Flow Class. Engage in a sequence of stretches that flow seamlessly from one to the next, enhancing flexibility, releasing tension, and promoting circulation. This class is a fusion of traditional stretching and fluid movement patterns to rejuvenate and align the body.

Coach:	Boy / Moo
Possible Class Location and Class Capacity:	Studio 1 (10 people) / Studio 2 (10 people) / Beach (25 people)
Experience Level:	All levels
Duration:	30 min