

CLASS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 am				X-CELL + LIFT <i>with Jack</i>			
9:00 am						X-CELL + L.A.B <i>with Jack</i>	
9:30 am	X-CELL + ZONE <i>with Georgia</i>	X-CELL + LIFT <i>with Georgia</i>	X-CELL + ZONE <i>with Georgia</i>	X-CELL + STRONG <i>with Georgia</i>	X-CELL + MOVE <i>with Georgia</i>		
	+ WE'VE GOT YOU						
6:00 pm		X-CELL + BOX <i>with Georgia</i>					
6:30 pm	X-CELL YINYASA/YIN + YOGA <i>with Dani</i>		X-CELL YIN + YOGA <i>with Denise</i>	X-CELL MAT + PILATES <i>with Jess</i>			



CLASS DURATION:

Yoga – 60 minutes
All other classes – 45 minutes

CLASS DESCRIPTIONS

BOX

These classes incorporate high-energy intervals using gloves and pads while also putting you through a series of circuits designed to help you get stronger with your own body weight.

YOGA

Our classes weave together the deep, meditative stretches of Yin, the fluid movement and breathwork of Flow, and the balanced combination of both in our signature Yinyasa style

L.A.B

A class dedicated to your lower body. This will give you a foundational understanding of how to train your lower body effectively and will help to tone and build strength.

LIFT

This class incorporates the use of compound lifting. Being able to work more muscles and joints to build strength and stamina can be done by choosing compound exercises.

STRONG

Incorporating multiple training components from strength and stability, to mobility and endurance, this class aims to help you get the most out of your workout.

ZONE

This class will put you in the fat burning zone while tackling time-based interval exercises.

PILATES

Whether you're a beginner or looking to deepen your practice, this class offers a mindful, full-body workout that leaves you feeling longer, stronger, and more aligned.

