

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AERIAL YOGA <small>AL</small> MAIN STUDIO 06:30-7:30 Joanna	PILATES <small>AL</small> MAIN STUDIO 07:00-07:45 Ruth	YOGA <small>INT</small> MAIN STUDIO 06:45-07:30 Puravi	PILATES <small>AL</small> MAIN STUDIO 07:00-07:45 Louie	CIRCUITS <small>AL</small> MAIN STUDIO 10:15-11:00 Fitness Team	YOGA <small>AL</small> MAIN STUDIO 08:15-9:00 Medea	BOOT CAMP <small>AL</small> MAIN STUDIO 08:30-09:15 Fitness Team
BODY PUMP <small>INT</small> MAIN STUDIO 09:15-10:00 Fitness Team	BOOT CAMP <small>AL</small> MAIN STUDIO 10:10-10:50 Fitness Team	CROSS TRAINING <small>AL</small> MAIN STUDIO 10:00-10:45 Fitness Team	YOGALATES <small>AL</small> MAIN STUDIO 11:05-11:50 Joanna	PILATES <small>AL</small> MAIN STUDIO 11:00-12:00 Louie	PILATES ON THE BALL <small>AL</small> MAIN STUDIO 09:15-10:15 Ruth	PILATES <small>AL</small> MAIN STUDIO 09:15-10:00 Louie
HIIT <small>ADV</small> MAIN STUDIO 11:15-12:00 Fitness Team	YOGA <small>AL</small> MAIN STUDIO 11:00-12:00 Carly	DANCE YOGA <small>AL</small> MAIN STUDIO 11:00-11:45 Joanna	INSANITY <small>INT</small> MAIN STUDIO 12:30-13:00 Fitness Team	BODY HIIT <small>INT</small> MAIN STUDIO 13:00-13:45 Fitness Team	RIDE2TONE <small>AL</small> SPIN/MAIN STUDIO 10:15-11:15 Fitness Team	RIDE2TONE <small>AL</small> MAIN STUDIO & SPIN STUDIO 10:00-11:00 Fitness Team
CIRCUITS <small>AL</small> MAIN STUDIO 12:15-13:00 Fitness Team	KETTLE BLAST <small>AL</small> MAIN STUDIO 12:15-13:00 Fitness Team	LBT <small>AL</small> MAIN STUDIO 12:15-13:00 Fitness Team	CIRCUITS <small>AL</small> SPIN STUDIO 13:15-14:00 Fitness Team	KIDS BOOT CAMP <small>INT</small> MAIN STUDIO 17:00-17:45 Fitness Team	ZUMBA <small>AL</small> MAIN STUDIO 11:15-12:15 Michael	FUSION AERIAL YOGA <small>AL</small> MAIN STUDIO 11:05-12:20 Joanna
KIDS BOOT CAMP <small>INT</small> MAIN STUDIO 17:00-17:45 Fitness Team	TABATA <small>ADV</small> MAIN STUDIO 13:15-13:45 Fitness Team	SIX PACK <small>INT</small> MAIN STUDIO 13:30-14:00 Fitness Team	KIDS TAEKWONDO <small>INT</small> MAIN STUDIO 16:45-17:45 M Waine	KIDS BALLET <small>INT</small> MAIN STUDIO 18:00-19:00 Pan	BODY PUMP <small>AL</small> MAIN STUDIO 12:30-13:15 Fitness Team	LBT <small>INT</small> MAIN STUDIO 12:30-13:15 Fitness Team
FLOW YOGA <small>AL</small> MAIN STUDIO 18:15-19:00 Medea	ZUMBA KIDS <small>INT</small> MAIN STUDIO 17:00-18:00 Michael	KIDS AERIAL YOGA <small>INT</small> MAIN STUDIO 17:15-18:00 Joanna	ZUMBA <small>AL</small> MAIN STUDIO 17:45-18:45 Michael	FLOW & RESTORE YOGA <small>AL</small> MAIN STUDIO 19:00-20:30 Joanna	KETTLE BLAST <small>INT</small> MAIN STUDIO 13:30-14:15 Fitness Team	KIDS BOXING <small>INT</small> MAIN STUDIO 15:00-16:00 Fitness Team
FULL BODY WORKOUT <small>AL</small> GYM FLOOR 18:30-19:00 Fitness Team	INSANITY <small>INT</small> MAIN STUDIO 18:25-18:55 Fitness Team	TABATA <small>AL</small> GYM FLOOR 18:15-18:45 Fitness Team	MUAY THAI <small>INT</small> MAIN STUDIO 18:45-19:30 Paul		KIDS CIRCUITS <small>INT</small> MAIN STUDIO 14:30-15:30 Fitness Team	KIDS DANCE <small>INT</small> MAIN STUDIO 16:15-17:15 Tracy
KETTLE BLAST <small>AL</small> MAIN STUDIO 19:05-19:55 Fitness Team	SPIN <small>AL</small> SPIN STUDIO 19:00-19:45 Edyta	AERIAL YOGA <small>AL</small> MAIN STUDIO 18:15-19:15 Joanna	SPIN <small>AL</small> SPIN STUDIO 18:45-19:30 Fitness Team			
PILATES ON THE BALL <small>AL</small> MAIN STUDIO 20:00-21:00 Louie	BOXING <small>ADV</small> MAIN STUDIO 19:00-19:45 Paul	BODY CONDITIONING <small>AL</small> MAIN STUDIO 19:15-20:00 Fitness Team	PILATES <small>AL</small> MAIN STUDIO 19:30-20:15 Louie			
INDOOR CYCLING <small>AL</small> SPIN STUDIO 20:00-20:45 Edyta	SIX PACK <small>INT</small> GYM FLOOR 19:50-20:20 Fitness Team	SPIN <small>AL</small> SPIN STUDIO 20:15-20:45 Fitness Team	BODY COMBAT <small>INT</small> MAIN STUDIO 20:15-20:45 Fitness Team			
LBT <small>AL</small> GYM FLOOR 20:15-20:45 Fitness Team	ANDALE ZUMBA <small>AL</small> MAIN STUDIO 20:00-21:00 Michael	ANDALE DANCE <small>AL</small> MAIN STUDIO 20:00-21:00 Michael	LBT <small>AL</small> MAIN STUDIO 20:45-21:30 Edyta			

AL All Levels **INT** Intermediate **ADV** Advanced

- Mind & Body
- Cardio/Sculpt
- Muscle
- Strength & Conditioning
- Children Classes (5-13 years)

Class places are allocated by booking upto 3 days in advance. Five minutes after the class has commenced, entry will be at the instructor's discretion.

Remaining class places are allocated on a first come, first served basis. Once capacity is reached, no more participants may enter the class.

Members who are new to classes or have medical problems, must make the Instructor aware of this prior to the class commencing

MEMBERSHIP BENEFITS

Get more from your membership. Along with our reward scheme, members now save 10% in our ELEMIS Spa.



CLASS EXERCISE ACTIVITIES

➔ Andale Dance

Rhythm dancing featuring many of the sensual, romantic, sexy Latin dances. Latin dancing is performed in couples and the dancers are close and physical; making the atmosphere of Latin dance classes charged and vibrant.

➔ Andale Zumba

A Latin inspired dance fitness class that blends red hot international music and contagious steps to form a fitness party.

➔ Aerial Yoga

Aerial yoga combines acrobatic arts and anti-gravity asana, but it's also an accessible practice that can help you find more length in your spine and safe alignment in your poses.

➔ Boxing

Classes can take a variety of formats but a typical one may involve shadow-boxing, skipping, hitting pads, kicking punchbags, press-ups, shuttle-runs and sit-ups.

➔ Body Conditioning

From strength training and body sculpting to functional training and core conditioning, you'll move better, feel stronger, and look more chiselled.

➔ Boot Camp

Bootcamp mixes cardio and resistance exercises to improve your balance, strength and flexibility.

➔ Body Combat

You'll punch and kick your way to fitness, burning up to 740 calories along the way.

➔ Body Pump

A barbell workout for anyone looking to get lean, toned and fit – fast. It will burn up to 540 calories.

➔ Box HIIT

Get out of your comfort zone. This classes utilizes short, timed sets alternating between cardio and strength training – also known as Metabolic Conditioning

➔ Circuits

The "musical chairs" of the exercise world, you'll move around each station and workout different muscle groups. You'll work hard and test both your cardio and strength for an all-round challenge.

➔ Cross Training

These classes use a combination of exercises to work various parts of the body. The aim is to reduce the risk of injury and improve overall fitness levels.

➔ Dance Yoga

Uniquely combines gentle yoga, movement therapy, mindfulness meditation, guided movement, free dance fun, deep relaxation and heart-warming community interaction suitable for all levels.

➔ Flow & Restore Yoga

This 90-minute Yoga class is a gentle, calming, therapeutic kind of Yoga that uses props to support the body as it eases into relaxation and balance.

➔ Flow Yoga

Based directly on the nature of the body, this yoga training method helps recalibrate both body and mind by using movement as the preparation for stillness.

➔ HIIT

You give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. Keeps your heart rate up and burns more fat in less time.

➔ Indoor Cycling

An indoor cycling class choreographed to music for a high intensity workout, which will take you from tough hill climbs to fast sprints.

➔ Insanity

High intensity interval training at its very best! Build muscle while stripping away fat, increase cardiovascular endurance and improve stamina all in one class.

➔ Peloton

Competitive cycling class in which trip distance and calorie expenditure is used to reward the top 3 fastest man or woman.

➔ Legs Bums Tums

This class is designed to target those stubborn areas that normal exercise does not get to. LBT! Legs Bums Tums!

➔ Muay Thai

Using boxing, elbow strikes, knee strikes and kicks as weapons. This class is led by a UFC fighter, so don't miss it!

➔ Pilates

A body conditioning class that promotes great posture, fantastic overall strength, and a sculptured body.

➔ Pilates On The Ball

Putting your gravity bound body against a mobile ball requires balance. Balancing recruits many of the body's deep stabilising muscles (like the pelvic floor muscles).

➔ Ride2Tone

Our unique blend of endorphin-boosting indoor cycling and toning bodyweight moves. Start with a 30 minute cardio ride, followed by 30 minutes of mobility and toning exercises designed to improve all-round athleticism and mental wellbeing.

➔ Six Pack

Work every section of your abdominal muscles to achieve the toned stomach you have always wanted.

➔ Spin

Self-controlled cardio and resistance interval training class done on a fixed wheel bike.

➔ Tabata

Tabata training is a high-intensity interval training (HIIT) workout, featuring exercises that last four minutes. Great for increasing strength, losing weight, improving flexibility.

➔ Team Pursuit

Team based spin session in which the class is split into two and compete to achieve the highest total trip distance.

➔ Yogalates

Core-fusion of Yoga and Pilates designed to improve the core, abdominal, and pelvic floor strength while balancing the body and mind.

➔ Yoga

Increases flexibility, strengthens, and tones your body, and calms your mind.

➔ Zumba

A Latin inspired dance fitness class that blends red hot international music and contagious steps to form a fitness party.

KIDS

➔ Kids Aerial Yoga

Building strength, flexibility, coordination, and fitness in a fun and inspiring environment of flying hammocks.

➔ Kids Ballet

Contemporary ballet, with an exotic twist of modern creativity and flexibility.

➔ Kids Boxing

Our structured and upbeat boxing classes allow your child to learn boxing, respect and courtesy from day one, in a safe controlled environment.

➔ Kids Boot Camp

Mixing cardio and resistance exercises, this is a great class to help your kids regain fitness and lose fat.

CLUB OPENING HOURS

Monday - Friday
06:00 - 22:30

Saturday - Sunday
08:00 - 21:00

OFF-PEAK HOURS

Monday - Friday
07:00 - 16:00

Saturday - Sunday
12:00 - 21:00

➔ Kids Circuits

Put your little ones through their paces and get them to really enjoy exercise. They'll move around each station and workout different muscle groups.

➔ Kids Dance

Our structured and upbeat Dance classes allow your child a wide range of dance styles including ballet, tap & jazz.

➔ Zumba Kids

Perfect for our younger Zumba fans! Kids 5-13 years old get the chance to be active and jam out to their favourite music.

➔ Kids Taekwondo

Master Wayne will show you the art of martial arts and how to defend yourself against the world.

3 STEPS TO SUCCESS

Whether you are brand new to exercise or a gym veteran, our qualified fitness coaches will put you at ease, help you begin your Health & Fitness journey and support your future goals.

STEP 1 - GETTING STARTED

Your Health & Fitness journey starts with a 1-2-1 Consultation with one of our expert personal trainers who will help tailor a bespoke gym experience based on your specific needs.

STEP 2- PROGRESS SESSIONS

Joining a gym is a huge step for most of us. To help ensure you stick to your goals and keep moving forward successfully, we've designed the progress sessions. Every 4-6 weeks we will offer you the opportunity to re-evaluate your progress with your fitness expert. Assessing what's going well, what could be improved, plus your likes and dislikes will all be taken into account to reinvigorate your experience.

STEP 3: COMPLIMENTARY PERSONAL TRAINING CONSULTATION

As a Meridian Fitness member, you are entitled to a complimentary Personal Training consultation with one of our expert Personal Trainers. This is the next step in your membership journey and will help you really get to grips with your goals and understand how to achieve outstanding results throughout your gym experience. Your complimentary Personal Training consultation will be designed by our Level 3 qualified Personal Trainers, and once an initial assessment of your goals are complete, you will receive a program card designed specifically for you and your needs.