

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AERIAL YOGA MAIN STUDIO 🕒 06:30-7:30 🧑‍🏫 Joanna	FULL BODY WORKOUT MAIN STUDIO 🕒 07:00-07:45 🧑‍🏫 Fitness Team	PILATES MAIN STUDIO 🕒 06:45-07:30 🧑‍🏫 Louie	YOGA MAIN STUDIO 🕒 07:00-07:45 🧑‍🏫 Medea	BEGINNER PILATES MAIN STUDIO 🕒 10:30-11:30 🧑‍🏫 Louie	YOGA MAIN STUDIO 🕒 08:15-9:15 🧑‍🏫 Medea	BALLET BARRE MAIN STUDIO 🕒 09:00-10:00 🧑‍🏫 Louie
BALLET BARRE MAIN STUDIO 🕒 10:15-11:00 🧑‍🏫 Louie	BOOT CAMP MAIN STUDIO 🕒 10:00-10:45 🧑‍🏫 Fitness Team	DANCE YOGA MAIN STUDIO 🕒 11:00-11:45 🧑‍🏫 Joanna	ZUMBA MAIN STUDIO 🕒 10:00-11:00 🧑‍🏫 Prince	BODY HIIT MAIN STUDIO 🕒 12:00-12:45 🧑‍🏫 Fitness Team	ZUMBA MAIN STUDIO 🕒 09:30-10:30 🧑‍🏫 Prince	FUSION AERIAL YOGA MAIN STUDIO 🕒 10:15-11:30 🧑‍🏫 Joanna
BODY PUMP MAIN STUDIO 🕒 12:00-12:45 🧑‍🏫 Fitness Team	BEGINNER YOGA MAIN STUDIO 🕒 11:00-12:00 🧑‍🏫 Carly	CROSS TRAINING MAIN STUDIO 🕒 12:15-13:00 🧑‍🏫 Fitness Team	YOGALATES MAIN STUDIO 🕒 11:30-12:15 🧑‍🏫 Joanna	CIRCUITS MAIN STUDIO 🕒 13:00-13:45 🧑‍🏫 Fitness Team	PILATES ON THE BALL MAIN STUDIO 🕒 11:00-12:00 🧑‍🏫 Louie	BOOT CAMP MAIN STUDIO 🕒 12:00-12:45 🧑‍🏫 Fitness Team
CIRCUITS MAIN STUDIO 🕒 13:00-13:45 🧑‍🏫 Fitness Team	KETTLE BLAST MAIN STUDIO 🕒 12:15-13:00 🧑‍🏫 Fitness Team	LBT MAIN STUDIO 🕒 13:15-14:00 🧑‍🏫 Fitness Team	SIX PACK MAIN STUDIO 🕒 12:30-13:00 🧑‍🏫 Fitness Team	BARRE MAIN STUDIO 🕒 18:00-19:00 🧑‍🏫 Joanna	BODY PUMP MAIN STUDIO 🕒 12:30-13:00 🧑‍🏫 Fitness Team	LBT MAIN STUDIO 🕒 13:00-14:00 🧑‍🏫 Fitness Team
KIDS TAEKWONDO MAIN STUDIO 🕒 17:00-18:00 🧑‍🏫 Dwayne	SPIN SPIN STUDIO 🕒 13:15-13:45 🧑‍🏫 Fitness Team	KIDS AERIAL YOGA MAIN STUDIO 🕒 17:00-17:45 🧑‍🏫 Joanna	FULL BODY WORKOUT MAIN STUDIO 🕒 13:15-14:00 🧑‍🏫 Fitness Team	FLOW & RESTORE YOGA MAIN STUDIO 🕒 19:15-20:15 🧑‍🏫 Joanna	KIDS DANCE MAIN STUDIO 🕒 13:15-14:15 🧑‍🏫 Tracy	KIDS MARTIAL ARTS MAIN STUDIO 🕒 15:00-16:00 🧑‍🏫 Shane
FLOW YOGA MAIN STUDIO 🕒 18:00-19:00 🧑‍🏫 Medea	KIDS BOOT CAMP MAIN STUDIO 🕒 17:00-17:45 🧑‍🏫 Fitness Team	ARIAL YOGA MAIN STUDIO 🕒 18:00-19:00 🧑‍🏫 Joanna	KIDS BALLET MAIN STUDIO 🕒 17:00-18:00 🧑‍🏫 Sofia			
INDOOR CYCLING SPIN STUDIO 🕒 18:30-19:00 🧑‍🏫 Fitness Team	SIX PACK MAIN STUDIO 🕒 18:15-18:45 🧑‍🏫 Fitness Team	BODY CONDITIONING MAIN STUDIO 🕒 19:15-20:00 🧑‍🏫 Fitness Team	LBT MAIN STUDIO 🕒 18:15-18:45 🧑‍🏫 Fitness Team			
KETTLE BLAST MAIN STUDIO 🕒 19:15-20:00 🧑‍🏫 Fitness Team	FULL BODY WORKOUT MAIN STUDIO 🕒 19:00-19:45 🧑‍🏫 Fitness Team	SPIN SPIN STUDIO 🕒 20:15-20:45 🧑‍🏫 Fitness Team	BEGINNERS/INTERMEDIATE PILATES MAIN STUDIO 🕒 19:00-19:45 🧑‍🏫 Louie			
ZUMBA MAIN STUDIO 🕒 20:15-21:00 🧑‍🏫 Prince	PILATES ON THE BALL MAIN STUDIO 🕒 20:00-21:00 🧑‍🏫 Louie	ZUMBA MAIN STUDIO 🕒 20:15-21:00 🧑‍🏫 Prince	BODY COMBAT MAIN STUDIO 🕒 20:00-21:00 🧑‍🏫 Shane			

CLASSES START MONDAY, 27TH JULY 2020

- 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.

SAVE 10 %

CLASS EXERCISE ACTIVITIES

→ 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.

→ Barre

A fusion of dance, ballet and pilates with a strong focus on dance. Classes give you a low impact but high intensity full body workout.

→ Ballet Barre

Is a workout class - combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training.

→ Barre Pilates

Combine complex ballet technique and Pilates principles to deliver a safe, effective, flowing workout for everyone, with no need of dance experience.

→ 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 Pump

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

→ Beginners/intermediate Pilates

Class will flow from one exercise to another. Basic Pilates skills are an advantage but not essential.

→ Cardio Pilates

Have you the power to keep up! Burn calories. Flow from one exercise to the other. Get ready to sweat with Pilates intermediate introduction.

→ 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.

→ Legs Bums Tums

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

→ 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).

→ 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.

→ 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 Boot Camp

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

→ 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.

→ Kids Taekwondo

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

CLUB OPENING HOURS



Monday - Friday
06:00 - 22:00



Saturday - Sunday
08:00 - 20:00

OFF-PEAK HOURS



Monday - Friday
07:00 - 16:00



Saturday - Sunday
12:00 - 20:00

STAY SAFE AT MERIDIAN FITNESS

Whilst in this building please adhere to the following guidelines



SOCIAL DISTANCE

Please keep a minimum of 2 metres distance whenever possible.

HYGIENE

- Clean your hands thoroughly as often as possible and use the sanitising stations provided.
- Avoid touching your mouth, nose and eyes.
- Cover your nose and mouth, if you cough or sneeze.



ACT RESPONSIBLY

- Pay attention to additional signage throughout the building.
- Keep yourself and other safe from infection.

