

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA MAIN STUDIO 🕒 06:45-07:30 🧑 Saffron	YOGILATES FUSION MAIN STUDIO 🕒 11:00-11:45 🧑 Louie	ZUMBA MAIN STUDIO 🕒 11:00-11:45 🧑 Sharon	YOGA MAIN STUDIO 🕒 06:45-7:30 🧑 Saffron	DANCE YOGA MAIN STUDIO 🕒 11:00-11:45 🧑 Rudolph	YOGA MAIN STUDIO 🕒 09:00-09:45 🧑 Sophie	LBT MAIN STUDIO 🕒 09:00-09:45 🧑 Fitness Team
BALLET BARRE MAIN STUDIO 🕒 11:00-11:45 🧑 Louie	KETTLE BLAST MAIN STUDIO 🕒 12:00-12:45 🧑 Fitness Team	RIDE2TONE MAIN STUDIO 🕒 12:00-12:45 🧑 Fitness Team	HIIT MAIN STUDIO 🕒 12:00-12:30 🧑 Fitness Team	BODY HIIT MAIN STUDIO 🕒 12:00-12:45 🧑 Fitness Team	ZUMBA MAIN STUDIO 🕒 10:00-10:45 🧑 Prince	RIDE2TONE MAIN STUDIO 🕒 10:00-10:45 🧑 Fitness Team
FITNESS INFUSION MAIN STUDIO 🕒 12:00-12:45 🧑 Fitness Team	BOOT CAMP MAIN STUDIO 🕒 13:00-13:45 🧑 Fitness Team	LBT MAIN STUDIO 🕒 13:00-13:45 🧑 Fitness Team	BODY CONDITIONING MAIN STUDIO 🕒 12:45-13:30 🧑 Fitness Team	CIRCUITS MAIN STUDIO 🕒 13:00-13:45 🧑 Fitness Team	PILATES ON THE BALL MAIN STUDIO 🕒 11:00-11:45 🧑 Louie	KIDS BOOT CAMP MAIN STUDIO 🕒 12:00-12:45 🧑 Fitness Team
BOXERCISE MAIN STUDIO 🕒 13:00-13:45 🧑 Fitness Team	KIDS BOXERCISE MAIN STUDIO 🕒 17:00-17:45 🧑 Fitness Team	KIDS BALLET MAIN STUDIO 🕒 17:00-17:45 🧑 Sofia	KIDS AERIAL YOGA MAIN STUDIO 🕒 17:15-18:00 🧑 Sophie		KIDS AERIAL FITNESS 🕒 12:00-12:45 🧑 Alice	KETTLE BLAST MAIN STUDIO 🕒 13:00-13:45 🧑 Fitness Team
KIDS TAEKWONDO MAIN STUDIO 🕒 17:00-17:55 🧑 Dwayne	RIDE2TONE MAIN STUDIO 🕒 18:00-19:00 🧑 Fitness Team	HIIT MAIN STUDIO 🕒 17:45-18:15 🧑 Fitness Team	AERIAL YOGA MAIN STUDIO 🕒 18:00-19:00 🧑 Sophie		AERIAL PILATES 🕒 13:00 - 14:00 🧑 Alice	
KETTLE BLAST MAIN STUDIO 🕒 18:00-18:45 🧑 Fitness Team	PILATES ON THE BALL MAIN STUDIO 🕒 19:00-20:00 🧑 Louie	BOXERCISE MAIN STUDIO 🕒 18:15-19:00 🧑 Fitness Team	PILATES MAIN STUDIO 🕒 19:15-20:00 🧑 Louie			
FLOW YOGA MAIN STUDIO 🕒 18:45-19:30 🧑 Saffron	FULL BODY WORKOUT MAIN STUDIO 🕒 20:00-21:00 🧑 Fitness Team	VINYASA YOGA MAIN STUDIO 🕒 19:00-19:45 🧑 Saffron	CARDIO COMBAT 🕒 20:00-21:00 🧑 Shane			
SPIN MAIN STUDIO 🕒 19:30-20:00 🧑 Fitness Team		BODYTONE MAIN STUDIO 🕒 20:00-20:45 🧑 Fitness Team				
ZUMBA MAIN STUDIO 🕒 20:00-20:45 🧑 Natalia						

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

Class places are allocated by booking upto 4 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.

SAVE ON MONTHLY
MEMBER OFFER

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.

→ Ballet 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.

→ 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.

→ Boxing

Combines boxing and exercise in great fun, stress busting activity to suit everyone who wants to enjoy boxing training without getting hit.

→ 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.

→ Fitness Infusion

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

→ 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.

→ Legs Bums Tums

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

→ Muscle Up

An intense workout for martial arts lovers to strengthen their core, upper body, and lower body. It includes a variety of moves essential to learning self-defense.

→ 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.

→ Spin

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

→ Vinyasa Yoga

A fluid class of playful yoga sequences to tune into the breath, build strength, flexibility and balance before time to relax body and mind to finish.

→ 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 Boxing

Combines boxing and exercise in great fun, stress busting activity to suit everyone who wants to enjoy boxing training without getting hit.

→ 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 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
09:00 - 19:00

OFF-PEAK HOURS



Monday - Friday
09:00 - 16:00



Saturday - Sunday
12:00 - 17:00

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.

