



Step into the zone with BoxFitt! Combining boxing and functional training, this full-body workout builds strength, endurance, agility, and confidence. Suitable for all fitness levels, you'll break a sweat, throw powerful punches, and leave feeling energised.



Hybrid HIIT is a fast-paced, equipment-based workout combining cardio and functional strength training. Using kettlebells, dumbbells, slam balls, and more, this 30-minute session delivers a high-energy, full-body workout for maximum results.



MetaPWR is a 30-minute high-intensity workout combining bodyweight and weighted exercises to build strength, power, and fitness. Expect explosive movements, full-body intensity, and a workout that leaves you feeling stronger every session.



Build, Burn & Balance is a 45-minute low-impact class blending functional fitness and Pilates-inspired movement. Using resistance bands, light weights, and bodyweight exercises, you'll build strength, improve balance, and enhance mobility.



Slow Flow Pilates is a gentle mat-based class focused on control, alignment, and mindful movement. Refine your technique, build strength, and develop confidence in the foundations of Pilates.



Mat Pilates is a dynamic full-body class blending traditional Pilates with a modern, energetic approach. Build strength, stability, and control through creative, flowing movements while staying true to the foundations of Pilates.



Hyrox Fitness focuses on the cardio and endurance elements of HYROX. Using running, rowing, SkiErg, sleds, and functional movements, you'll build fitness, stamina, and confidence. Suitable for all fitness levels, not just Hyrox go-ers. Hyrox Strength focuses on building strength and power through functional training. Using barbells, dumbbells, kettlebells, sleds, and resistance exercises, you'll develop full-body strength and muscular endurance. Suitable for all fitness levels.