

# Class Timetable

## Monday

TIME	CLASS	STUDIO
06:45 - 07:45	Power Yoga	2
09:00 - 10:00	Physical Meditation (Qigong)	1
10:00 - 11:00	Tai Chi	1
16:00 - 18:30	Taekwondo Kids	1
18:30 - 19:15	SWEAT	1
18:45 - 19:30	Barre	2
19:00 - 19:45	Spin (Powered by ICG)	Spin
19:15 - 20:00	Legs, Bums & Core	1

## Tuesday

TIME	CLASS	STUDIO
06:45 - 07:00	SWEAT	1
12:30 - 13:00	Fit in 30 (HIIT & Core)	1
17:45 - 18:45	Flow 2 Restore	2
18:30 - 19:15	Box Fit	3
18:30 - 19:15	Pump	1
19:00 - 19:45	Spin (Powered by ICG)	Spin
19:00 - 20:00	Vinyasa Yoga	2

## Wednesday

TIME	CLASS	STUDIO
06:45 - 07:30	Strength 45	1
09:00 - 10:00	Pilates	1
16:00 - 17:45	Taekwondo Kids	1
18:00 - 18:45	Box Fit	3
19:00 - 19:45	Spin (Powered by ICG)	Spin
19:00 - 20:00	Vinyasa Flow	2

## Thursday

TIME	CLASS	STUDIO
06:45 - 07:30	Strength 45	1
09:00 - 10:00	Tai Chi	1
10:00 - 11:00	Tai Chi	1
12:30 - 13:00	Fit in 30 (Strength Build)	1
17:45 - 18:45	Flow 2 Restore	2
18:00 - 18:45	Box Fit	3
19:00 - 20:00	Yogalates	2

## Friday

TIME	CLASS	STUDIO
06:45 - 07:30	Pump	1
07:30 - 08:15	Barre	2
10:00 - 11:00	Pilates	2
16:00 - 18:45	Taekwondo Kids	1

## Saturday

TIME	CLASS	STUDIO
08:45 - 09:45	Pilates	2
09:15 - 10:00	Box Fit	3
10:00 - 10:45	Spin (Powered by ICG)	Spin
10:15 - 11:00	Barre	2
10:15 - 11:00	SWEAT	3
11:15 - 12:00	Barre	2
13:30 - 18:00	Taekwondo Kids	1

## Sunday

TIME	CLASS	STUDIO
09:00 - 10:00	Hatha Yoga	2
10:00 - 10:45	SWEAT	1
10:15 - 11:00	Yin Yoga	2
11:00 - 11:45	Legs, Bums & Core	1
11:15 - 12:00	Spin (Powered by ICG)	Spin



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DOLPHIN SQUARE  
FITNESS CLUB

# Class Descriptions

DOLPHIN SQUARE  
FITNESS CLUB

## Barre

Unleash your Power, One Pulse at a Time! Barre class is a low-impact, Full-Body Workout that combines Ballet-inspired movements with Pilates, Yoga, and Strength training. Using the Barre technique, it focuses on small, precise movements to strengthen and tone muscles, improve posture, and enhance flexibility!

## Box Fit

Gloves on? Let's knock out your limits! Box Fit is a High-Intensity Workout that puts boxing techniques at the centre of powerful, calorie-burning combinations. This class builds on the Triple S: Strength, Speed, and Stamina. This is class is High Energy and will keep your punches sharper than ever!

## Fit in 30 (HIIT & Core)

Fast, fierce, and done in 30 – let's crush your lunch break! This Fit in 30 is a HIIT (High-Intensity Interval Training) and Core-Focused Workout here to burn maximum calories and build core strength in just 30 minutes. Perfect for busy schedules, this class delivers a powerful punch of energy to fuel the rest of your day!

## Fit in 30 (Strength Build)

Fast, fierce, and done in 30 – let's crush your lunch break! This Fit in 30 is a fast-paced, 30-minute class here to build Full-Body Strength through targeted Resistance Training and Functional Movements. Perfect for busy days, this session delivers a quick, yet effective muscle-building burn to keep you strong and energized!

## Flow 2 Restore

Breathe deep and restore from within! Flow 2 Restore is a soothing Hybrid Yoga class that guides you through Mindful Movement and breathwork to release tension, enhance flexibility, and calm the mind. Moving from a slow Vinyasa into Restorative Yoga, this class is designed to leave you feeling balanced and renewed, it's the perfect weekly reset!

## Hatha Yoga

Find your balance, breathe with intention! Hatha Yoga is a gentle, grounding practice that focuses on holding poses for several breaths, combining Mindful Movement and breath control to build strength, flexibility, and inner calm. Perfect for all levels, this class creates space to reconnect with your body and quiet the mind!

## Legs, Bums & Core

Strong glutes, Solid core, Unstoppable legs! This high-energy class targets your Legs, Glutes, and Core with dynamic exercises designed to Sculpt, Strengthen, and Boost endurance. Get ready to Sweat, Tone, and feel unstoppable from every angle!

## Physical Meditation (Qigong)

Awaken your energy, quiet your mind! Physical Meditation is a beginner-friendly Qigong-based class that uses slow, flowing movements to cultivate energy, reduce stress, and enhance mental clarity. Perfect for those new to meditation, it gently connects body and mind for deep relaxation and balance!

## Pilates

Strengthen your core, transform your life! Pilates is a focused class that emphasises controlled movements to build Core Strength, Improve Posture, and Enhance overall Flexibility. This class is designed to help you move with more confidence, balance, and grace every day!

## Power Yoga

Power into practice, Own every Pose! Power Yoga is a dynamic, breath-driven practice that blends traditional yoga postures with strength-building movement and continuous flow. Designed to challenge your body and focus your mind, this class energises your practice while deepening Flexibility, Balance and Strength!

## Pump

Lift heavy. Feel powerful. Get results! PUMP is a high-rep, full-body Strength Training class using barbells and weights to Build lean muscle, Boost endurance, and Burn calories. Set to energising music, this class challenges every major muscle group to leave you feeling Stronger, Fitter, and Unstoppable!

## Spin (Powered by ICG®)

Light it Up. Level Up. Own the Ride! This High-Intensity Indoor Cycling class uses state-of-the-art ICG® bikes from Life Fitness to deliver a powerful cardio workout, driven by motivating music and Immersive Lighting. With performance tracking and a dynamic atmosphere, every ride challenges your endurance, builds strength, and keeps you coming back for more!

## Strength 45

Dominate every rep. Conquer every minute! Strength 45 is a powerful fusion of Weight-based exercises and High-Intensity Interval Training (HIIT) designed to Build muscle, Boost endurance, and Burn serious calories. This 45-minute session challenges your full body with a mix of Strength and Cardio that keeps you pushing until the very last rep!

## SWEAT

Feel the fire. Embrace the sweat! SWEAT is a high-energy Cardio and Core class designed to get your heart pumping and muscles burning. With nonstop movement and core-focused intervals, this class will leave you drenched, energized, and stronger from the inside out!

## Taekwondo Kids

Kick, focus, and grow with every class! Taekwondo Kids is a fun and disciplined martial arts class designed to build confidence, coordination, and respect in young learners. Led by our experienced instructor Faryad, this class introduces the fundamentals of Taekwondo in a supportive and energetic environment! Contact Faryad directly for class details and enrolment.

## Tai Chi

Find strength in stillness and power in every breath! Tai Chi is a gentle, flowing practice that blends slow, intentional movements with focused breathing to improve balance, flexibility, and inner calm. Perfect for all levels, this class helps you build physical strength while cultivating a deep sense of mindfulness and control.

## Vinyasa Flow

Flow freely, ground deeply! Vinyasa Flow is a dynamic yoga practice that links breath to movement through a series of fluid, strengthening poses. This energizing class builds Flexibility, Focus, and Balance—leaving you feeling strong, cantered, and refreshed.

## Yin Yoga

Stillness speaks. Breathe deep, release fully! Yin Yoga is a slow, meditative practice that targets deep connective tissues through long-held, passive poses. Designed to increase flexibility and calm the nervous system, this class offers a quiet space to slow down, turn inward, and restore balance to body and mind.

## Yogalates

Balance your body. Centre your strength! Yogalates is a fusion of yoga and Pilates, combining the flexibility and mindfulness of yoga with the core-strengthening and posture-focused benefits of Pilates. This low-impact class helps improve stability, tone muscles, and enhance body awareness—perfect for all fitness levels.