

*Studio Timetable- Christmas & New Year**Please note: No classes to be held 25th, 26th Dec or 1st Jan 2025*

<i>Monday 23rd</i>	<i>Tuesday 24th</i>	<i>Friday 27th</i>	<i>Saturday 28th</i>	<i>Sunday 29th</i>	<i>Monday 30th</i>	<i>Tuesday 31st</i>
09:15 – 10:00 Group Cycling <i>Karen</i>	08:30 - 09:15 Body Sculpt <i>Laszlo</i>	09:15 - 10:00 Body Sculpt <i>Jack</i>	09:15 - 10:00 Group Cycling <i>Sara</i>	09:15 - 10:00 Tabata <i>Laszlo</i>	09:15 - 10:00 Group Cycling <i>Karen</i>	08:30 - 09:15 Body Sculpt <i>Laszlo</i>
10:15 - 11:00 Body Sculpt <i>Karen</i>	09:30 - 10:15 Pilates on the Ball <i>Laszlo</i>	10:15 - 11:00 Disco Rhythm <i>Denny</i>	10:15 - 11:00 Body Sculpt <i>Jack</i>	10:15 - 11:15 Yin Restorative Yoga <i>Claire</i>	10:15 - 11:00 Body Sculpt <i>Karen</i>	09:30 - 10:15 Pilates on the Ball <i>Laszlo</i>
12:30 - 13:15 Body Sculpt <i>Alison</i>	10:30 - 11:15 Dance <i>Denny</i>	11:15 - 12:15 Vinyasa Flow Yoga <i>Claire</i>	11:15 - 12:15 Pilates <i>Faye</i>		12:30 - 13:15 Body Sculpt <i>Alison</i>	10:30 - 11:15 Dance <i>Denny</i>
13:45 - 14:45 Vinyasa Yoga <i>Emma</i>	11:30 - 12:30 Hatha Yoga <i>Belle</i>	13:15 - 14:15 Pilates <i>Kati</i>			13:45 - 14:45 Vinyasa Yoga <i>Claire</i>	11:30 - 12:30 Hatha Yoga <i>Marina</i>
15:00 - 16:00 Pilates <i>Breege</i>					15:00 - 16:00 Pilates <i>Breege</i>	14:00 - 15:00 Pilates <i>Breege</i>
18:30 - 19:30 Hatha Yoga <i>Claire</i>					18:30 - 19:30 Hatha Yoga <i>Belle</i>	

*Normal timetable applies until Monday 23rd December & resumes Thursday 2nd Jan 2025**Merry Christmas and Happy New Year!
Cottonmill Spa*

Mind & Body Classes

Vinyasa Yoga

Vinyasa Yoga (also referred to as Flow Yoga) is a form of yoga that links the breath, movement and poses together. This style of yoga is often seen as a more athletic practice. The pace is usually quicker, requiring the practitioner to focus inward, while synchronizing breath and movement.

Iyengar Yoga

The trademark of Iyengar is the intense focus on the subtleties of each posture. In a typical Iyengar class, poses are held much longer than in other schools of yoga, in order to focus on the precise musculoskeletal alignment within each asana.

Power Yoga

Power yoga is a more active approach to the traditional Hatha yoga poses. The yoga poses are performed more quickly and with added core exercises and upper body work. The sequences are not the same every time to allow more variety. With roots deep in classical yoga this class will allow you to stretch and strengthen every part of your body and mind.

Yin Yoga

Yin yoga is a slow-paced style in which poses could be held for a few minutes or even longer. It is passive but challenging. The purpose is to apply moderate stress to the connective tissue - the tendons, fascia and ligaments - with the aim of increasing circulation in the joints and improving flexibility.

Hatha Yoga with Yoga Nidra

A gently dynamic asana class based around posture practice, while delving into the subtle 'inner' practices of yoga that include breath work and yoga nidra, a guided meditation and a deep form of relaxation. In this class we explore how the beauty of yoga can help quieten the busy mind and encourage greater peace and happiness.

Restorative Yoga with meditation

Learn how to relax deeply and quieten the mind to prepare for meditation. Restorative yoga uses props to fully support the body to allow for a gradual downshift of the nervous system into a state of deep and nourishing relaxation. This practice gives time for the mind to settle into evenness, the breath to deepen and for the to be an experience of space. The perfect antidote to a busy life.

Pilates Mat

Using specially designed moves, Pilates educates, realigns and balances your body. It increases core muscle strength while promoting coordination and flexibility. This class uses the concept of traditional Pilates and modern principles of exercise science and rehabilitation.

Pilates on the Ball

Uses mostly traditional Pilates exercises performed on a Swill ball. By providing a soft, movable surface, core muscles are strengthened through their work to stabilize the body while performing exercises for abs, back, legs, arms and just about everything.

Speciality & Conditioning Classes

CrossCore Rotational Training

CrossCore is the evolution of TRX that takes all the benefits of traditional bodyweight training exercises to a whole new level. The anchored pulley adds instability, rotation and dynamic tension to challenge the user's strength, core and balance while improving motor skills.

Barre Fitness

Barre Fitness is a one stop shop that includes all the essentials of Pilates, ballet, dance, yoga and strength training. Barre delivers a full body workout but it's great for strengthening your core and toning your glutes and legs. Barre is low impact, focuses on high reps and small range of movements.

Body Sculpt

After a short aerobic style warm up you will start your primarily low impact muscle-toning session using free weights, resistance bands and your own body. This high-energy fun class is designed to provide you with a total body workout focusing on muscle tone and definition.

Circuit Training

Circuit training is a highly motivating workout and an excellent way to improve mobility, strength and stamina. The circuit session comprises of at least 6 to 10 cardio and strength exercises that are completed one after the other in rotation with minimal rest.

High Intensity Classes

Cardio Boxing

This is a moderate to high intensity cardio workout, combining boxing techniques with body weight exercises giving you the ultimate whole body workout. Shadow boxing, sparring and punch bag work are part of this highly motivating calorie burning fun session.

TABATA

TABATA is an interval training workout for those wanting to develop a lean and strong physique. It is only 20 minutes to complete a workout, but the level of intensity pushes your body to the limit making it a highly effective one. Excellent catalyst for fat burning and improves glucose metabolism.

Boot Camp

Get stretched to your limit with Boot Camp. This military inspired highly motivating class requires nothing except determination. It is a mixture of cardio conditioning, strength, muscle endurance, flexibility and functional movement patterns. Difficulty level could be modified to suit your fitness level.

Community Classes

Zumba®

Zumba classes feature exotic rhythms set to high-energy Latin and International beats including merengue, salsa, hip hop, pop, mambo, rumba & flamenco. Every class features easy to follow routines. No dance experience required.

Dance Fit

Choreographed dance fitness class designed to make you fit while enjoying different styles of street dance, hip-hop etc. This class brings the fun back to your workout with high energy dance moves and great music.

Group Cycling

Cycling is the perfect low impact highly effective cardio and strength workout. You will ride your bike to the beat of great music and burn up to 600 calories in a session. You will get your heart pumping and also work your glutes, calves, quads, hamstrings while lowering your body fat over time.