

SWEAT CLASSES

All classes are carried out in our Functional Studio unless otherwise marked with  (gym) or  (cycling cave)

Please inform a member of the team if you are pregnant, so we can advise you on which classes are suitable. **PLEASE NOTE** we still require consent from your doctor or midwife to participate in a class.

STRENGTH

METCON CIRCUITS

Duration – 45 mins | **Price** £6

A full body metabolic conditioning workout combining the traditional set up style of a circuit class with short bursts of high-intensity. The ultimate fat-burning & conditioning class combining both strength & cardio.

TOTAL BARBELL

Duration – 45 mins | **Price** £6

Resistance training with barbells & plates, targeting & toning every muscle in your body including arms, shoulders, back and legs... lots of legs!

KETTLE BELL

Duration – 45 mins | **Price** £6

Kettlebell exercises combine cardiovascular, strength & flexibility training, enhancing your core strength due to the shape of the weight. A popular, powerful, conditioning class.

MEMBERS ONLY PT

Duration – 30 mins | **Price** £6

Small group personal training session in our gym exclusively to our MADE Wellness Members.

HYPERTROPHY

Duration – 30 mins | **Price** £6

Hypertrophy is a small group class in our gym that focuses on isolated muscle weight training. Each session will focus on a different muscle group, for example chest, shoulders, back, legs, arms.

The aim is to work on muscle tone & build, with advice on repetitions & sets, ensuring your technique & tempo is right. A focused session with a maximum of 6 people per class.

GYM HIIT

Duration – 30 mins | **Price** £6

Using the state of the art equipment in our boutique gym, Gym HIIT is a 30 minute heart-raising, sweat-dripping circuit. A focused, personal class with a maximum of 8 people per session.

BOOTY WERK

Duration – 30 mins | **Price** £6

BootyWerk focuses on our biggest muscle group, the glutes! No excuses when training your legs & bum – your body can handle it. With a combination of isolation and strength moves to lift, tone & tighten.

FAMILY / KIDS

FAMILY FITNESS CIRCUITS

Duration – 45 mins | **Price** £6

Teach your children good habits & they will adopt them into their own lives, from healthy eating to an active lifestyle, minimum age 7 years.

KIDS FITNESS

Duration – 45 mins | **Price** £4

PASSES NOT APPLICABLE - PAYG ONLY

The perfect class to tire out your little monsters. Packed full of energy & serious amounts of fun.

INDOOR CYCLE

CYCLE FUNK

Duration – 45 mins | **Price** £6

A party on the bike... our fun, motivating, up-tempo workout to the beat.

CYCLE INFERNO 30

Duration – 30 mins | **Price** £6

An intense 30-minute blast... maximising calorie burn with minimum time.

CYCLE PERFORMANCE

Duration – 45 mins | **Price** £6

Next level cycling disciplines... chain gang, threshold, climbs, intervals & time trials.

CYCLE 500

Duration – 45 mins | **Price** £6

Push yourself to the limit... high performance cycling with the aim of burning 500 calories.

CYCLE BODY BLAST

Duration – 45 mins | **Price** £6

Dynamic, fast-flowing cycling... you'll be jumping, squatting, sprinting & punching.

CYCLE POWER HOUR

Duration – 60 mins | **Price** £6

This class will push you to your limits with a 60 minutes intense workout combining climbs, sprints and time trials.

CARDIO

HIIT

Duration – 45 mins | **Price** £6

Full body workout to a variety of timings, pushing yourself to the limit before rest. A great way to build up your strength & fitness levels, as well as get those endorphins flowing!

PLYO BLAST

Duration – 45 mins | **Price** £6

Plyometric training is a combination of sheer strength combined with fast movement. This intense form of jump training focuses on moving in a rapid explosive manner.

DANCE FIT

Duration – 45 mins | **Price** £6

No dance skills required, we turn the lights down low so you can let your hair down. It's like a party but without the hangover.

OUTDOOR BOOTCAMP

Duration – 45 mins | **Price** £6

Expect a variety of training utilising our woodland trail, outdoor terrace & 72 acres of land.

RUNNING CLUB

Duration – 45-60 mins | **Price** £6

A weekly running meet suitable for those looking to improve their level of fitness. We meet in the MADE café, stretch outside, run over a variety of terrain in the beautiful surroundings up to 5km & finish with a smoothie.

BOXING

Duration – 45 mins | **Price** £6

Our unique boxing class taken by a professional boxer combines pad work with circuit style training for a heart raising experience.

SWEAT CLASS PRICES/PACKAGES

Suitable for Cycle, Bootcamp & Hiit classes

	PACKAGE PRICE	% OFF	EXPIRY
1 CLASS PASS	£6.00		1 week
6 CLASS PASS	£32.00	10%	1 month
12 CLASS PASS	£61.00	15%	3 months

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TRADITIONAL

HATHA YOGA

Duration – 60 mins | **Price** £8

A slower form of yoga preparing the body for deeper spiritual practices such as meditation. Hatha yoga combines the practices of asanas (yoga postures) and pranayama (breathing exercises) to bring peace to the mind & body.

VINYASA FLOW YOGA

Duration – 60 mins | **Price** £8

A fast-paced series of postures that focus on the flow between movements rather than individual poses. Commonly referred to as 'flow' you will seamlessly move from one pose to another.

INVIGORATING PRANAYAMA

Duration – 90 mins | **Price** £10

Combining 30 minutes of breathing exercises followed by Hatha Yoga. This workshop uses techniques to energise & relax through breathing, clearing physical & emotional obstacles within the body.

STRETCH & RESTORE YOGA

Duration – 90 mins | **Price** £10

Passive poses with blocks & bolsters ensures maximum benefit with minimum effort, great for flexibility, muscles & joint health. More rejuvenating than a nap, a delicious way to soothe frayed nerves after a tiring week.

HAPPY HIPS & HEALTHY SPINE

Duration – 90 mins | **Price** £8

This yoga & mobility workshop is designed to strengthen & free your strained, shortened, tight muscles after years of sitting for long periods, running and cycling, and simply not moving the way you were designed to move. You will learn to cultivate a greater range of motion & flexibility in the key areas of the body; shoulders, spine and all areas of the hips, including the hamstrings.

SPECIALIST

PARENT & BABY YOGA

Duration – 60 mins | **Price** £10

Suitable for parents and babies post birth from 6 weeks or 12 weeks (if you have had a caesarean). Designed to regain physical strength and energy whilst building a strong bond between you and your baby.

PREGNANCY YOGA

Duration – 60 mins | **Price** £10

Prenatal yoga is great for women to increase strength and flexibility. Helping you develop proper breathing and relaxation techniques for easier and more comfortable pregnancy and labour.

MONTHLY YOGA WORKSHOP

Duration – 90 mins

Supplement Fee £12

Our monthly workshops are speciality classes to dive deeper into the more advanced yoga asanas. Learning objectives will be achieved through in-depth practice accompanied by detailed instruction by moving from theory to practice. A different theme each month, please enquire with a member of the team to book.

BEGINNERS YOGA WORKSHOP

Duration – 60 mins | **Price** £8

A 5 week course which introduces the fundamental principles of alignment & breath work in a flow of postures that will be linked together by breath. Students will be introduced to yoga postures through step-by-step verbal instruction & demonstration. Students are welcome to repeat this course as often as they like.

POWER

FITNESS PILATES

Duration – 60 mins | **Price** £8

Pilates improves flexibility, builds strength & develops control & endurance for the entire body. Pilates puts emphasis on alignment, breathing & strengthening your core. A go to for total body health & wellbeing.

POWER YOGA

Duration – 60 mins | **Price** £8

An intense form of yoga that will really make you sweat! Power yoga classes follow a faster rhythm for a challenging workout.

RELAX

YOGA NIDRA

Duration – 60 mins | **Price** £8

A guided meditation also known as 'Yogic Sleep' promoting deep relaxation where 20 minutes can be as beneficial as a 2 hour nap. You learn to scan the body & connect with your breath, helping to calm the nervous system & help with anxiety, insomnia & stress.

MEDITATION

Duration – 45 mins | **Price** £8

Meditation is the practice of concentrated focus upon a sound, object, visualisation, the breath and movement. It helps you to detach from the busy modern world, reducing stress, promoting relaxation and enhancing both spiritual & personal growth. workout.

SWEAT CLASS PRICES/PACKAGES

Suitable for Yoga, Pilated & Meditation classes

CLASS PASS	PACKAGE PRICE	% OFF	EXPIRY
1 CLASS PASS	£8.00		1 week
6 CLASS PASS	£43.00	10%	1 month
12 CLASS PASS	£81.00	15%	3 months

