

Class Catalogue

+ descriptions

Thames Club Classes

CLASS TITLE	CLASS DESCRIPTION
Aqua Aerobics	A low impact aerobic workout in the water that will help you get fitter and stronger - increasing muscular tone, flexibility, and cardiovascular endurance. Great for those with mobility issues and recovering from injuries. <i>No swimming experience required.</i>
Back Care Fit	Back Care Fit is a low-impact exercise class designed to strengthen your core, improve posture, and alleviate back pain. Through a mix of gentle stretches, strengthening exercises, and mobility work, this class promotes spinal health and overall body alignment, helping you prevent injury and enhance daily movement. <i>Suitable for all fitness levels.</i>
Barre Fitness	Barre Fitness is a low-impact, high-intensity workout inspired by ballet, Pilates, and yoga. It focuses on small, controlled movements that target specific muscle groups—especially the core, glutes, thighs, and arms—to build strength, improve posture, and increase flexibility. <i>Ballet shoes or barefoot required.</i>
BodyBalance™	Ideal for anyone and everyone, BODYBALANCE™ is a new generation yoga class that will improve your mind and your body. You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started.
BodyPump™	BODYPUMP™ is THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.
Group Cycle	Group Cycle is an energising indoor cycling class that combines high-intensity cardio with endurance and strength training. Set to motivating music, you'll pedal through a variety of terrains and intensities, improving cardiovascular fitness and burning calories. <i>Perfect for all fitness levels, with adjustable resistance to match your pace!</i>
GYM Cardio Circuit	Cardio Circuit is a high-energy class that combines various cardio stations for a full-body workout. Moving through a series of heart-pumping exercises, you'll build endurance, burn calories, and improve overall fitness. Suitable for all levels, this circuit keeps you engaged and motivated with varied movements and intensity.
GYM Core Strength	Core Strength is a focused class designed to build a strong and stable core. Through a series of targeted exercises, you'll work on improving core strength, stability, and posture, enhancing overall body control. Suitable for all fitness levels, this class helps reduce injury risk and supports better movement in everyday life.
GYM Full Body Circuit (60yrs+)	Full Body Circuit (60yrs+) is a low-impact, age-friendly workout designed to improve strength, balance, and mobility. This circuit-style class combines gentle resistance and cardio exercises to engage the entire body, promoting overall fitness and functional movement. Ideal for all abilities, it's a fun and supportive way to stay active and healthy.
Hatha Yoga	Hatha yoga is a type of yoga that focuses on physical postures (asanas) and breathing exercises (pranayama) to improve overall health and wellbeing. It aims to balance the body and mind through a series of gentle movements, stretches, and controlled breathing. <i>Hatha yoga is suitable for all levels and helps to build strength, flexibility, and relaxation.</i>

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GYM HIIT Strength	A powerful blend of strength training and high-intensity interval training (HIIT) designed to build muscle, boost metabolism, and improve endurance. This class uses a variety of equipment and bodyweight exercises to challenge your muscles while keeping your heart rate up. Suitable for all fitness levels.
Menopause Yoga	Menopause Yoga is a soothing class designed to support women through the physical and emotional changes of menopause. Combining gentle yoga poses, breathing techniques, and relaxation exercises, it helps alleviate symptoms like hot flashes, mood swings, and stress. <i>Suitable for all levels</i> , this class promotes balance, relaxation, and overall well-being.
Pilates	Discover the power of Pilates in our class. Focus on your core muscles while enhancing flexibility, balance, and posture. Join us to experience a holistic workout that promotes a strong, aligned, and resilient body. Unveil a healthier you through the principles of Pilates.
POWER Engine	Join our Power Coaches, for a HYROX-inspired class! Tackle sled pushes, assault bike, ski erg, rower, and functional strength stations — great prep for your next race. <i>Not affiliated with HYROX.</i>
POWER Functional Fitness	POWER Functional Fitness is the perfect training session to build strength, gain confidence and be empowered on your fitness journey. Whether you're flipping tires, swinging kettlebells, or conquering plyometric moves, <i>every class is tailored to all fitness levels</i> . An experience not to be missed!
POWER Functional Fitness 60yrs+	POWER Functional Fitness blends strength, cardio, and mobility training to help you move better and feel stronger in everyday life. With expert coaches offering modifications and progressions, every class is adaptable to your needs, ensuring you feel supported.
POWER HIIT	Supercharge your fitness with POWER HIIT. Featuring high-intensity intervals of cardio and strength, this workout is all about maximising results in minimal time. The ultimate sweat session to boost your energy, burn calories, and build power.
POWER Strength	Unleash your power in this strength-based class designed to build muscle, increase confidence and leave you feeling strong! Our expert trainers will guide you on form and technique, in a challenging and supportive atmosphere.
RPM™	With great music pumping and the group cycling as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. In an RPM workout you repeatedly rotate the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness.
Slow Flow Vinyasa Yoga	Slow Flow Vinyasa Yoga is a gentler and more deliberate version of Vinyasa Yoga. It involves moving through a sequence of postures at a slower pace, allowing for greater focus on alignment and breath control. This practice helps to build strength, flexibility, and balance while promoting relaxation and mindfulness. Slow Flow Vinyasa Yoga is suitable for all levels, including beginners, and offers a more accessible way to experience the benefits of Vinyasa Yoga without the intensity of a faster-paced class.

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Sprint™	LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results. The 30 minutes you put into a LES MILLS SPRINT workout drives your body to burn calories for hours. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals, fast.
GYM Strength & Conditioning	Our gym floor Strength and Conditioning is a high-energy class that combines strength training and functional movements to build muscle, boost endurance, and improve overall fitness. Using a variety of equipment, you'll work through exercises designed to increase power, mobility, and stamina. Suitable for all levels, this class helps enhance performance and physical strength.
GYM Strength & Core	Strength and Core is a targeted workout that combines full-body strength exercises with focused core training. You'll use a variety of equipment to build muscle, improve stability, and enhance core strength, all while promoting better posture and balance. Suitable for all levels, this class supports overall fitness and body control.
GYM Today's Workout	Today's Workout is a versatile gym floor class that features a dynamic mix of exercises designed to challenge and engage your entire body. With a focus on variety and intensity, this class includes strength, cardio, and functional movements to keep you motivated and maximize your results. Suitable for all fitness levels, it offers a fresh and effective workout every time.
Vinyasa Yoga	Vinyasa Yoga is an energetic and fluid style of yoga that links breath with movement. It involves a series of flowing postures, where each movement is synchronised with an inhale or exhale. This practice focuses on building strength, flexibility, and endurance while maintaining a steady flow of breath. Dynamic Vinyasa Yoga offers a vigorous workout, improves cardiovascular health, and enhances concentration and mindfulness. It's suitable for those looking for a more active and challenging yoga experience.
GYM Women's Weights Workshop	Women's Weights is an empowering gym floor class designed to build strength and confidence through weight training. Focused on exercises that enhance muscle tone and endurance, this class offers a supportive environment for women to develop their fitness goals. Suitable for all levels, it combines effective techniques with guidance to ensure proper form and safety.
Yin Yoga	Yin yoga is a slow-paced style of yoga that involves holding passive poses for longer periods, typically ranging from 1 to 5 minutes or more. The practice targets deep connective tissues, such as ligaments, joints, and fascia, to improve flexibility and increase circulation in the joints. Yin yoga emphasises relaxation and mindfulness, helping to reduce stress and promote a sense of calm. <i>It's suitable for all levels and complements more active forms of yoga.</i>
Zumba™	Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature rhythms set to high-energy international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.

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Hot Yoga Classes

CLASS TITLE	CLASS DESCRIPTION
BFree Hot Yoga	<p>BFree Hot Yoga is a dynamic, fluid class where your instructor guides the session based on what feels right in the moment. It begins with elements inspired by the Hot 60 Fundamental series, including breathwork and gentle warm-up stretches to prepare the body. From there, the class evolves into an intuitively led flow, with a focus on posture, alignment, and seamless movement between sequences. It's an ideal next step after completing the Hot 60 Fundamental series. Expect a full-body workout that's both energising and enjoyable. Each instructor brings their own unique style, so every class offers a fresh experience—come and discover your freedom flow!</p>
Fusion	<p>Fusion is the ultimate mix of everything! This hot, music-driven class is designed to fire up your abs, arms, and glutes from start to finish. You'll begin with breathwork and gentle stretching to prepare the body, before moving into a 15-minute energising vinyasa flow. The class then transitions into 15 minutes of Pilates-inspired core work, followed by 15 minutes of Sculpt using optional 1kg hand weights. Finally, unwind with a 15-minute yin-style deep stretch. Rooted in the principles of yoga throughout, Fusion delivers a complete full-body workout that's both challenging and balanced.</p>
Hot 60 Fundamental Series	<p>The Hot 60 Fundamental Series is built around the foundational moves of yoga, with our own unique twist. This class works the body from head to toe, inside and out. Following an initial Pranayama breathwork, the next 40 minutes focus mainly on standing postures, including balancing, strengthening, and alignment-based asanas. The final 20 minutes move down to the mat, guiding you through a series of floor postures before settling into a well-earned savasana. Designed to engage 100% of your body, this class will leave you feeling strong, energised, and accomplished. It's especially ideal for those new to hot yoga, as it introduces the fundamentals of breathwork and a wide range of postures, helping you build confidence while learning correct alignment and technique in a safe and supportive way. A must-try experience!</p>
Hot Pilates	<p>Hot Pilates is a low-impact workout set in our designated hot studio. It blends core Pilates principles—controlled movement, alignment, and breath—with elements of cardio and strength training to build lean muscle, boost endurance, and improve flexibility. Expect to leave the class feeling strong, energised, and thoroughly challenged.</p>
Hot Flow	<p>Hot Flow is the perfect way to wind down at the end of the day. In this fully heated class, you'll move through a vinyasa flow, linking breath with movement, before finishing with a deep stretch and relaxation. No matter how your day has been, this class will leave you feeling refreshed and uplifted—while still offering a satisfying challenge.</p>
Hot Yang to Yin	<p>Hot Yang to Yin Yoga is a well-balanced practice that starts with energising, heat-building movement (Yang) and gradually transitions into slower, deeper, floor-based stretching (Yin). The first half of the class focuses on strength, flow, and dynamic sequences to build heat and boost circulation. The second half moves into longer-held poses, helping to release tension, improve flexibility, and calm the nervous system. You'll begin by getting the heart pumping and the body warmed up, then shift into a space of complete relaxation—leaving you feeling both revitalised and deeply restored. The best of both worlds!</p>
Rise & Flow	<p>Rise & Flow is such a great way to start the day! This is an energising hot class designed to awaken your body and focus your mind. This dynamic flow links breath with movement through creative sequences - including sun salutations - that build strength, balance, and flexibility. Expect a steady pace, uplifting energy, and ending with a deep stretch and relaxation that leaves you feeling refreshed, empowered, and ready to take on your day. Every class will be different and focus on a different area of the body or a peak pose to work towards. Expect to be a challenged but leave feeling energised and feel the endorphins coursing through your body!</p>

Please note - all hot yoga classes require participants to bring a yoga mat and a grip towel.
These items are available for hire or purchase if needed

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Hot Yoga Classes

CLASS TITLE	CLASS DESCRIPTION
RockOm	Rock OM is a unique journey for the mind & body. This is a high-energy heated flow set to an electrifying rock soundtrack. This powerful class blends dynamic sequences, strength-building poses, and heart-pumping movement to the sounds of classic and modern rock hits. Warning - the music is LOUD!! Expect strong flows, big energy, and moments to slow down and ground yourself between surges of intensity. You'll sweat, move, and maybe even sing along (actively encouraged!)—leaving class feeling empowered, refreshed, and ready to rock your day with your endorphins flying!
Sculpt	Sculpt is our unique music & strength based hot class that combines yoga with weight training. We incorporate the use of small 1kg hand weights (heavier available) to strengthen the smaller stabilising muscles throughout the body. This will challenge you in well known yoga postures with that bit of extra resistance. With lots of pulsing, holding and repetitions to challenge your muscles groups this class will support your other yoga classes or forms of exercise you may be doing. 60 minutes will fly by in this class!
Silent Sounds (Hot 60)	Silent Sounds is our unique Hot 60 Fundamental Series class with a twist! Your teacher will lead the class silently (with minimal cueing) from the front of the studio while you follow along to an epic soundtrack, album or playlist in the background. Be warned! Music will be LOUD! Each week we will have a different theme or artist. Musical suggestions and requests welcome!
Slow Flow	Slow Flow is your time to ease into the day with slow, mindful movement while connecting body, mind, and breath. This gentle-paced class links intentional movement with steady breathing, giving you space to deepen into each pose, refine alignment, and build strength with control. Expect smooth transitions, core-focused work, longer holds, and a steady, grounding rhythm that leaves you feeling balanced, open, and restored. Poses are held slightly longer than in our Rise & Flow class, offering an extra layer of challenge, and instructors may include an arm balance sequence for added variety. <i>An ideal class for those new to yoga flows, while still offering enough challenge to keep things engaging.</i>
Warm Candlelit Yoga	Warm Candlelit Yoga is pure bliss. Set in a gently heated room (with residual warmth from the class before), this calming, restorative session is the perfect antidote to busy, fast-paced lives—a chance to truly slow down and reset. The class is mostly floor-based, using bolsters and blocks for support, and sometimes you won't even need to stand. Poses are held for longer to work deeply into the fascia—the connective tissue surrounding muscles and joints—encouraging release and relaxation. With soft, soothing music and the glow of candlelight, it's your time to breathe, unwind, and let go of the day. Bring an eye pillow if you have one for the ultimate relaxation experience.
Warm Flow	Warm Flow is a welcoming way to move, breathe, and unwind—perfect if you're new to hot yoga. Set in a gently heated room, this class guides you through a steady vinyasa-style flow, encouraging a smooth connection between movement and breath at an easy, accessible pace. With softer heat, you'll have the space to explore each pose safely while building strength, flexibility, and confidence. The class closes with calming stretches and relaxation, leaving you feeling refreshed, grounded, and fully supported.
Warm Yin Yoga	Warm Yin Yoga is a calm, meditative practice designed to help you slow down and reconnect. Using the breath, you'll settle into stillness, holding poses (asanas) for up to five minutes to gently target the body's deep connective tissues and joints—offering a level of release unlike more dynamic styles of yoga. Bolsters, blocks, and straps are provided to support your practice and make each pose accessible and comfortable for all levels. This deeply restorative style beautifully balances the fast-paced, "yang" nature of everyday life, helping to quiet the mind and ease tension. The room is gently warmed to around 30°C, creating a comfortable environment without full heat. In the final 15 minutes, the temperature gradually rises as the space is prepared for the next hot session, allowing you to fully relax and unwind as your practice comes to a close.

Please note - all hot yoga classes require participants to bring a yoga mat and a grip towel.
These items are available for hire or purchase if needed

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Reformer Pilates Classes

CLASS TITLE	CLASS DESCRIPTION
Dynamic	<p>Dynamic classes offer an exciting dynamic workout, with a strong focus on technique, whilst promoting flexibility, strengthening muscles to a long lean aesthetic, bringing balance to the body. A tougher class that will give you a challenge but also bring a lot of fun!</p> <p><i>LEVEL: Intermediate / Advanced.</i></p>
Fundamental	<p>Fundamental classes guide you through the key Pilates exercises on the Reformer while delivering a balanced, full-body workout. Movements are performed lying down, sitting, kneeling, and standing, with a strong focus on alignment throughout to improve posture, core control, mobility, and flexibility. Designed to both strengthen and lengthen the muscles, this class will leave you feeling taller, stronger, and more connected. Perfect for beginners, it's also a great opportunity to refine the basics, ensure your form is on point, and get the most out of your time on the Reformer. Progressions and regressions are always offered to suit all levels.</p> <p><i>LEVEL First timers: All.</i></p>
Jumpboard	<p>Add a Jumpboard class to your Reformer routine and experience a more cardio-focused workout with low-impact plyometric movement. The Jumpboard attaches to the Reformer bed, allowing you to enjoy the benefits of jumping while lying down—reducing impact on the joints while still raising your heart rate. Expect plenty of jumping, bouncing, kicking, and pressing through the legs, alongside upper body work that challenges your coordination and core control. The sequences are designed to push your muscles to fatigue, so be prepared to sweat and feel the burn.</p> <p><i>Level: Not suitable for beginners.</i></p> <p>This class is best for those already familiar with the Reformer who have attended some Mixed Level sessions.</p>
Mixed Level	<p>Mixed Level classes are designed for all levels of Reformer Pilates experience, from beginners to more advanced practitioners. This full-body workout focuses on improving postural alignment, strength, core control, mobility, and flexibility. You'll move through a variety of exercises performed lying down, sitting, kneeling, and standing—you might even find yourself jumping while lying down! With options to progress or modify, this class is accessible and beneficial for every body.</p> <p><i>LEVEL: Suitable for all.</i></p>
Power	<p>Power classes deliver a full-body workout designed to make you sweat. Expect higher reps and multiple sets, both on and off the Reformer, targeting every major muscle group and leaving you feeling strong and accomplished. You may use a variety of equipment, including the jumpboard, Pilates rings, hand weights, and the adjustable resistance springs of the Reformer to increase intensity and challenge.</p> <p><i>Level: We recommend attending a few Mixed Level classes first, although regressions will be offered to support you where needed.</i></p>

Please note - reformer pilates classes can only accommodate a maximum of 8 people.
Grip socks are mandatory for all reformer classes for health + safety and hygiene reasons