

Class	Type	Intensity	Description	Length
Dance and Sweat 1	Dance	Med	An aerobic dance workout - designed to raise your heart rate and make you sweat	50 mins
Dance and Sweat 2	Dance	Med	As above - teaches dance moves gradually to make a 10min routine at the end	50 mins
Doonya TBW	Dance	Med	A Bollywood-style dance workout - a fun and interesting way to burn some calories!	30 mins
Doonya Cardio	Dance	Med	As above, this time a much quicker workout	17 mins
Piloxing Total Body	Aerobic/ Rhythmic	High	A high-octane combination of Boxing, Pilates, Ballet, Dance and Plyometrics that's guaranteed to challenge your fitness	26 mins
Tae Bo Shred	Aerobic/ Rhythmic	Med	A fun combination of Bootcamp and Tae Bo style training, hosted by none other than Billy Blanks!	60 mins
Tae Bo Max	Aerobic/ Rhythmic	Med	As above, with a different routine	60 mins
Tone It Up TBW	Aerobic/ Rhythmic	Med	A relatively low impact aerobic exercise class aimed at toning up muscles	35 mins
Tone It Up TBW2	Aerobic/ Rhythmic	Med	A relatively low impact aerobic exercise class aimed at toning up muscles	40 mins
XtremeBurn AbsCore	Core	High	Tough and quick core workout	18 mins
XtremeBurn Diesel	Aerobic	High	A high impact aerobic exercise class (2 light dumbbells required)	60 mins
XtremeBurn HIIT 30	HIIT	Very High	As above, this time following a higher intensity workout in a shorter time (2 light dumbbells required)	30 mins
XtremeBurn HIIT 60	HIIT	High	As above, but longer (2 light dumbbells required)	60 mins

Intensity Levels: Low Medium High Very High

Class	Type	Intensity	Description	Length
Induro Alligator Alley	Cycle	High	A fast-paced tour of the south of Florida	33 mins (25 + warmup and cooldown)
Induro Old San Juan, Puerto Rico	Cycle	High	Another fast-paced tour of a small slice of Puerto Rico	31 (25 + warmup and cooldown)
Induro Canyon, Lake Arizona	Cycle	Med	A guided tour of the beautiful Tonto National Forest in Lake Arizona	55 mins (45 + warmup and cooldown)
Induro Rockies, Colorado	Cycle	High	A slightly more intense journey for experienced cyclists around the Rockies in Colorado	55 mins (48 + warmup and cooldown)
Induro Loch Leven, Scotland	Cycle	Med	A tour around Loch Leven and the beautiful scenery of Kinross, Scotland	53 mins (45 + warmup and cooldown)
Induro Orocovis, Puerto Rico	Cycle	High	A shorter, faster paced journey around the lush scenery of Orocovis in Puerto Rico	33 mins (26 + warmup and cooldown)
Induro Colorado Hills	Cycle	Med	An undulating climb around Summit County in Colorado Hills	55 mins (45 + warmup and cooldown)
Induro Bonita Springs, Florida	Cycle	Med	A slightly less frantic look at Florida, this time around Bonita Springs	55 mins (49 + warmup and cooldown)
Induro Dayton	Cycle	Low	Beginner's ride. Gives you a chance to have a nice easy cycle as you learn how to use the bike	23 mins
Induro Intro	Cycle	Low	A brief introduction on how to adjust/use the bike	5 mins

Intensity Levels:  Low  Medium  High  Very High

Class	Type	Intensity	Description	Length
Induro Kielder Forest, England	Cycle	Med	A relatively fast-paced tour of Kielder Forest in Northumberland, England.	55 mins
The Sufferfest Nine Hammers	Cycle	Very High	A ridiculous cycling challenge created with a mind to breaking the participants. This one takes you around Switzerland and features something called "The Suffer Scale".	60 mins
The Sufferfest Thin Air	Cycle	Very High	As above, this time taking you on a gruelling journey to climb a mountain	60 mins
The Sufferfest Climbing Angels	Cycle	Very High	Another strenuous ride, starting off following a time trial in Tour de France, followed by a mountain trek	55 mins
The Sufferfest Race the Rookie	Cycle	Very High	A race, giving you the chance to ride as part of a World Tour team	52 mins
Yoga Downtown Rooftop	Yoga	Low	A chilled out, slow paced yoga session set to the backdrop of a beautiful city skyline	45 mins
Yoga Warehouse	Yoga	Low	A chilled out, slow paced yoga session set to the backdrop of a large warehouse	60 mins
Yoga Beach	Yoga	Low	A chilled out, slow paced yoga session set to the backdrop of a sunny beach	30 mins
Yoga Indoors	Yoga	Low	A chilled out, slow paced yoga session set to the backdrop of a large apartment	55 mins

Intensity Levels:  Low  Medium  High  Very High