PURLEY
SPORTS CLUB

GYM AND STUDIO

OUR CLASSES

PILATES

Beginners mat based: a low impact class focusing on controlled movements aiming to increase flexibility, mobility, and core strength.
Mixed ability mat based: Suitable for all levels, offering modifications to challenge or support your progress.
Men's mixed ability: Tailored for men, focusing on strength, mobility, and posture.

VINYASA FLOW YOGA

A class to move, stretch, strengthen and breathe. All levels are welcome.

LEGS, BUMS AND TUMS

Legs, Bums and Tums is a full body aerobic workout that aims to tone up areas of your thighs, bums, and stomach, great for those who want to lose weight or to improve their fitness levels.

CIRCUITS

Mixed ability class, stretching and high - intensity interval training based inside with bursts of intense activity alternated with intervals of lighter activity

BOOT CAMP

Mixed ability class. High-intensity interval training based outside with bursts of intense activity alternated with intervals of lighter activity.

HIP HOP DANCING

A new Street and Hip Hop dance school offering classes to engage, inspire, educate and encourage dancers from 4 years old in a fun, inclusive and exciting setting.

DANCE FIT

A fun, high energy workout for all levels. No experience needed, just come along and get involved. Everyone is welcome.

WEEKLY TIMETABLE

MONDAY

9:30AM-10:15AM DANCE FIT
7-8PM VINYASA FLOW YOGA

TUESDAY

10AM - 11AM PILATES (BEGINNER)
11:15AM - 12:15PM PILATES (MIXED ABILITY)
7PM - 8PM LEGS BUMS & TUMS

WEDNESDAY

9:30AM - 10:30AM PILATES (MENS)
7PM - 8PM CIRCUITS

THURSDAY

5 - 5:45PM 7-10 YEARS HIP HOP/STREET DANCE
5:45 - 6:45PM 11+ YEARS HIP HOP/STREET DANCE

FRIDAY

9:30AM - 10:30AM LEGS, BUMS & TUMS
9:30AM - 10:30AM PILATES (BEGINNER)
10:45AM - 11:45AM PILATES (MIXED ABILITY)

SATURDAY

9AM - 10AM BOOT CAMP
10AM - 11AM PILATES (MIXED ABILITY)

Want to hire our venue to run classes?
Give us a call on 020 8660 0608

CLASS INFO

PILATES - CONTACT AMY TO BOOK ON 07725 349104 OR AMYTRIZ@HOTMAIL.CO.UK.
£10 PER SESSION OR £63 FOR 7 WEEKS.

LEGS, BUMS AND TUMS - CONTACT TINA TO BOOK YOUR PLACE ON 07971 608751.
£9 PER SESSION.

CIRCUITS & BOOT CAMP - CONTACT CHRIS ON 07968 950052 TO BOOK OR WALK INS WELCOME.
CIRCUITS - £10 PAY AS YOU GO
BOOTCAMP - £10 A SESSION OR £90 FOR 10 SESSIONS.

VINYASA FLOW YOGA - CONTACT SARAH TO BOOK ON 07877923276. £10 PER SESSION.

HIP HOP / STREET DANCE - CONTACT NAT ON NATWARDFITNESS@OUTLOOK.COM TO BOOK.
£10 PAY AS YOU GO OR £31 PER MONTH FOR ONE CLASS PER WEEK. FIRST CLASS IS FREE

DANCE FIT - CONTACT ELAINE TO BOOK OHCRAZY2@ICLOUD.COM. £6 PER SESSION.

WE OFFER A VARIETY OF CLASSES, INCLUDING YOGA, PILATES, STRENGTH TRAINING, AND HIIT, SUITABLE FOR ALL AGES AND FITNESS LEVELS.

IF CLASSES ARE NOT WHAT YOU'RE LOOKING FOR, WE HAVE A WELL EQUIPPED GYM AND FIVE PERSONAL TRAINERS AVAILABLE THROUGHOUT THE WEEK. WHEN YOU JOIN, OUR GYM MANAGER, CHRIS, WILL ARRANGE A GYM INDUCTION TO HELP YOU GET STARTED WITH THE MACHINES, FREE WEIGHTS, AND CARDIO EQUIPMENT.