

The Third Space in Marylebone - Spring 2012

monday

time	Class	area	level
7.00-7.30	TRX	Retro Gym	All
7.30-8.00	Power Plate	Power Zone	All
9.30-10.15	Body Conditioning	Studio	All
10.30-11.30	Dynamic Pilates	Studio	2/3
12.00-12.45	Legs Bums & Tums	Studio	2
12.15-13.00	Indoor Cycling	Spin Floor	All
12.30-13.00	Power Plate	Power Zone	All
13.00-13.30	Power Plate	Power Zone	All
13.00-13.45	Body Sculpt	Studio	All
14.00-15.00	Hatha Yoga	Studio	All
15.30-17.00	Children's Pool Access	Pool	
17.30-18.15	Pre & Post Natal	Studio	Specialist
18.15-19.00	LBT Power Plate	Power Zone	All
18.20-19.20	Ballroom Dancing*	Studio	All
18.30-19.30	Indoor Cycle & Stretch	Spin Floor	2/3
19.00-19.30	Power Plate	Power Zone	All
19.00-20.00	Outdoor Running	Reception	All
19.30-20.00	TRX	Retro Gym	All
19.30-20.30	Brazilian Jiu Jitsu	Studio	All

tuesday

time	Class	area	level
7.00-7.45	Nike Training Club	Studio	All
8.00-8.45	Mat Pilates	Studio	2
9.00-9.55	Kundalini Yoga	Studio	All
10.00-10.45	Zumba	Studio	All
11.00-11.55	Yoga	Studio	All
12.00-12.45	Aerobic Cycling	Spin Floor	All
12.00-12.55	Swiss Ball Pilates	Studio	All
12.30-13.00	Power Plate	Power Zone	All
13.00-13.30	Bars & Ropes	Retro Gym	2/3
13.00-13.45	Swim Skills & Drills	Pool	2/3
13.00-14.00	Fighting Fit	Studio	2/3
15.30-17.00	Children's Pool Access	Pool	
16.15-17.00	Bars & Ropes	Retro Gym	1/2
18.00-18.30	Power Plate	Power Zone	All
18.10-19.10	Ashtanga Yoga	Studio	All
18.15-19.00	Zen Swimming	Pool	All
18.30-19.00	Power Plate	Power Zone	All
18.30-19.30	Park Fitness*	Reception	All
19.15-20.00	Indoor Cycling	Spin Floor	2
19.20-20.20	Pilates	Studio	All

wednesday

time	Class	area	level
7.00-7.30	Nike Training Club	Studio	All
7.30-8.00	Bars & Ropes	Retro Gym	1/2
7.30-8.15	Indoor Cycling	Spin Floor	All
7.35-8.35	Yoga Flow	Studio	All
9.30-10.15	Hardcore	Studio	All
12.15-13.00	Legs Bums & Tums	Studio	1/2
12.30-13.15	Indoor Cycle	Spin Floor	All
12.45-13.15	Power Plate	Power Zone	All
13.15-13.45	TRX	Retro Gym	All
13.15-14.00	Mat Pilates	Studio	All
15.30-17.00	Children's Pool Access	Pool	
18.00-18.30	Power Plate	Power Zone	All
18.00-19.00	Fighting Fit	Studio	2/3
18.15-19.00	Indoor Cycling	Spin Floor	2/3
18.30-19.00	Power Plate	Power Zone	All
18.30-19.15	Swim Fit	Pool	2/3
18.30-19.30	Urban Fitness	Retro Gym	2
19.10-20.10	Vinyasa Flow Yoga	Studio	All

thursday

time	Class	area	level
7.00-7.30	Power Plate	Power Zone	All
7.15-8.00	Indoor Cycling	Spin Floor	All
7.30-8.00	TRX	Retro Gym	All
8.00-9.00	Hatha Yoga	Studio	All
9.30-10.15	Step & Tone	Studio	1/2
10.30-11.15	SCS	Studio	2
11.30-12.15	Warrior Workout	Studio	2
12.15-13.00	Indoor Cycling	Spin Floor	1/2
12.30-13.30	Yoga Flow	Studio	All
15.30-17.00	Children's Pool Access	Pool	
17.30-18.25	Mat Pilates	Studio	1/2
18.15-19.00	Retro Aqua Aerobics	Pool	All
18.15-19.00	VIPR / TRX Circuits	Retro Gym	All
18.30-19.30	Fighting Fit	Studio	All
19.00-19.45	Indoor Cycling	Spin Floor	All
19.35-20.35	Streetfunk	Studio	2

friday

time	Class	area	level
7.00-7.30	TRX	Retro Gym	All
7.00-7.45	Early Morning Cycle	Spin Floor	1/2
7.30-8.00	Bars & Ropes	Retro Gym	All
8.00-8.45	Swim Skills & Drills	Pool	2/3
9.30-10.30	Pilates	Studio	All
12.25-13.25	Fighting Fit	Studio	All
12.30-13.00	Power Plate	Power Zone	All
12.30-13.15	Indoor Cycling	Spin Floor	All
13.00-13.30	TRX	Retro Gym	All
13.35-14.35	Hatha Yoga	Studio	All
15.30-17.00	Children's Pool Access	Pool	
18.00-18.30	TRX	Retro Gym	All
18.00-19.00	Mat Pilates	Studio	All

saturday

time	Class	area	level
9.45-10.45	Acroyoga Asana	Studio	2/3
10.15-11.00	TRX	Retro Gym	All
10.30-12.00	Children's Pool Access	Pool	
11.00-11.45	SCS	Studio	2
12.00-12.30	Power Plate	Power Zone	All
12.00-12.45	Indoor Cycling	Spin Floor	All
12.00-12.45	Aerolates	Studio	1/2
12.30-13.00	Bars & Ropes	Retro Gym	All
15.30-17.00	Children's Pool Access	Pool	
16.00-16.45	Nike Training Club	Studio	All
17.00-18.00	Mat Pilates	Studio	All

sunday

time	Class	area	level
10.00-11.00	Hatha Yoga Blend	Studio	All
10.30-12.00	Children's Pool Access	Pool	
11.00-11.30	Power Plate	Power Zone	All
11.15-12.00	Indoor Cycling	Spin Floor	All
11.30-12.00	Bars & Ropes	Retro Gym	All
12.30-13.30	Dynamic Pilates	Studio	All
14.15-15.00	Power Aqua	Pool	All
15.00-16.00	Vinyasa Flow Yoga	Studio	2/3
15.30-17.00	Children's Pool Access	Pool	
16.00-16.45	TRX	Retro Gym	All

information

Level 1 Beginners
 Level 2 Intermediate
 Level 3 Advanced
 All Levels Suitable for everyone
 £ Fee Applies- please ask at Reception

Personal Instruction & Private Group Classes are available on request for the majority of classes.

All classes must be booked in advance either at Reception, by calling 020 7439 6333 (option1), online at thethirdspace.com, or by using the iPhone application.

Should you not be able to attend a class you have already booked into, please ring Reception, use the iPhone app or go onto our website to cancel your booking to allow other members to attend the class.

Activities and scheduling may be subject to change.

Alternative schedules will run on Bank Holidays.

New classes are marked in green.

*This class is open to non-members for £10.



class descriptions

aerobics & cardio

Aerolates

A combination of aerobics class and Pilates stretches. Take twenty minutes of the aerobic routine for the cardiovascular benefits and finish the class with twenty minutes of deeper Pilates stretches that will leave you feeling strong and supple.

Body Conditioning

A total body workout using key exercises set to music to target muscle groups.

Indoor Cycling

Group cycling classes packed with personality! Designed to focus on endurance, interval training, and cardiovascular fitness, each instructor brings a unique spin to these classes. Please see the booking system for individual descriptions and levels.

LBT Power Plate

A new hybrid, this class fuses the vibration training of the Power Plate with the toning effects of the more traditional Legs Bums & Tums. Don't miss this one!

new!

Step & Tone

A class of two halves: the first half offers a simple step routine designed to get the heart pumping while toning the legs and bum. The second half focuses on toning, sculpting and stretching the whole body.

combat

Fighting Fit

Formerly known as Boxing Circuit, Fighting Fit is a boxing based workout using progressive technique training, combining polymetric speed and agility drills to bring out the champion in you. This class requires boxing wraps, which are available for purchase at Reception.

Brazilian Jiu Jitsu

With Daniel Agard!

A predominantly ground based martial art, true Brazilian Jiu Jitsu advocates the importance of sound technique and the use of leverage over brute force. Through the practice of BJJ, you gain enhanced balance, strength and confidence through a greater understanding of how the body works.

dance

Ballroom

Alexandra is back with a variety of dances that will be introduced from the technical steps to the more interpretive experience of the flow of movement. From the Waltz to the Tango and a wide array of Latin dances, this class is now open to non-Members, so bring your partner!

back!

Streetfunk

Join Clinton for an hour of the trendiest dance moves. Learn a full routine of commercial and street moves you can show off anywhere. This fun class will loosen your body and work up a sweat in the funnest workout this Spring.

Zumba

A high energy class, Zumba merges the captivating rhythms of Latin music and dance steps with the continuous workout-style of aerobics routines. Designed to work all major muscle groups, you are guaranteed an uplifting session that will leave you with a smile on your face. Join the party!

pool classes

Aqua

Aerobic exercises performed in the pool to make use of the water's resistance for an extra challenging workout. Try our **Aqua Aerobics** or the **Power Aqua** version and test your stamina! You will be surprised: these are not easy classes!

Swim

The TTS swim coaches are highly experienced in the r field. Classes focus on the technical aspects of swimming, improving stamina and effective stroke economy to increase personal performance.

Please note: You will need to have a basic level of confidence and swimming technique to attend swimming classes at TTS. Complete beginners may request private sessions at Reception.

Zen Swimming

A very special hybrid class, Zen Swimming combines the postural corrective techniques of Pilates with effective swim stroke technique. Learn to glide through water in perfect alignment. This non-competitive class is ideal for all swimmers who wish to focus on posture and technique.

Children Pool Access

Children aged five and above are welcome to visit the pool for £5 within the times indicated on the timetable if supervised by an adult. Please note that they will be required to vacate the Club within the indicated time.

strength & conditioning

Body Sculpt

A whole-body workout using small weights and high repetitions to kickstart the body's fat-burning process. This 45-minute class strengthens major muscle groups sculpting and shaping the body.

new!

Hardcore

Feel like an extreme abs class using the Swiss Balls? Attack your six-pack and core muscles and sculpt that beach body look!

Lebs Bums & Tums

A low impact workout concentrating on exercises that tone and sculpt the lower body. An ideal workout to stay fit throughout the year.

Nike Training Club

Based on the popular Nike iPhone app, this class offers a variety of conditioning exercises designed to sculpt the body.

Park Fitness

With the arrival of Spring, it is time to get excited about the great outdoors again! Be guided by a former Royal Marine for a boot-camp style workout in the Royal parks. Non-members are welcome to join for £10 - payable at Reception so bring your friends.

back!

Power Plate

These conditioning sessions are designed to work the whole body by going through conventional exercises performed on the vibrating platform. Designed to strengthen, condition and develop muscle tone and definition, Power Plate maximises your workout in a shorter amount of time.

Pre and Post Natal

Fitness hour tailored to both the expectant mum who wants to stay fit through the pregnancy as well as the new mum looking to get back into shape. Please note that you will need to be in your second trimester to participate. Please make sure you consult your doctor before booking into this class.

SCS

This group Strength Conditioning System uses barbell weights for low reps and high sets to pumping music. Designed to enhance muscular strength and fat burning all over.

TRX

Using the Total Resistance eXercise straps, this class will offer a full-body workout using your own body weight. Increasing strength and muscle tone, the TRX will improve core stability and balance.

Vi.P.R.

Bridging the gap between movement and strength, ViPR is a truly functional, whole-body training system mimicking the utility of seven tools: barbell, dumbbell, kettlebell, stability ball, medicine ball, balance device and speed ladder. Familiarise yourself with the countless possibilities of a unique piece of equipment in this body conditioning class.

Outdoor Running

Get out of the office and enjoy a run around Regents Park. The class will be a mixture of sprints, hill runs and shuttle drills.

Warrior Workout

High Intensity Training combining striking actions, body weight exercises and free weights. A good way to blow off steam and incinerate calories.

pilates

Mat Pilates

Engage and tone your abdominal muscles through these key Pilates exercises. This class not only teaches you to discover more about your body but also helps to develop your posture, alleviate back-pain and make day-to-day movements more effective.

yoga

Ashtanga

One of the stronger styles, it offers a specific sequence that enhances strength, flexibility, stamina, blood circulation, vitality and concentration. This is a tough class for those who enjoy a challenge.

Hatha

As one of the oldest systems of exercise known, Hatha consists of postures and breath control designed specifically to prepare the body for the stillness required for meditation.

Kundalini

The Yoga of Awareness, Kundalini is a potent and effective system of self-transformation and personal development. It is a complete science that includes breath control, postures, chanting and meditation. It is designed to provide the experience of your highest consciousness through the raising of your life force.

Vinyasa Flow

A flowing, dynamic form of yoga. Breath-synchronized movement is at the heart of this discipline. Control your senses and develop a deep awareness of yourself acquiring steadiness of body and mind.