

monday

Time	Class	Area	Level
7.30-8.15	Spin	Spin Floor	All
7.30-8.30	Hatha Flow	Studio	All
8.15-8.30	Abs	Glass Floor	All
12.15-13.15	Yoga Basics	Dojo	1
12.30-13.15	Vi.P.R.	Glass Floor	1
12.30-13.15	G-Jam Basic Aerobics	Studio	1/2
12.30-13.15	Kettlebells	Boxing Ring	1/2
12.30-13.15	DJ Spin	Spin Floor	All
13.00-14.00	K-O Boxing	Boxing Ring	I.O.*
13.15-13.30	Abs	Glass Floor	All
13.15-14.00	Legs Bums & Tums	Studio	All
13.15-14.00	Gyrokinesis	Dojo	1
13.30-14.00	TRX	Glass Floor	All
17.30-18.00	Stamina Swim	Pool	3
17.30-18.15	Antenatal Yoga	Dojo	Specialist
18.00-18.45	Combinations	Studio	All
18.15-19.15	Pilates	Dojo	1
18.15-19.15	DJ Spin	Spin Floor	2/3
18.30-19.15	Intermediate Swim	Pool	2
18.30-19.15	TRX	Glass Floor	2
18.30-19.30	Kickboxing	Boxing Ring	All
19.00-20.00	Vinyasa Power Yoga	Studio	2
19.15-19.30	Abs	Glass Floor	All
19.15-20.15	Brazilian Jiu Jitsu	Dojo	2/3
19.30-20.30	Interval Running Club	Outdoors	2/3
19.30-21.00	Kung Fu	Glass Floor	£

tuesday

Time	Class	Area	Level
7.30-8.15	Interval Spin	Spin Floor	3
7.30-8.15	Advanced Swim	Pool	3
7.30-8.30	Vinyasa Flow Yoga	Studio	1/2
7.45-8.15	TRX	Glass Floor	all
8.15-8.30	Abs	Glass Floor	All
12.15-13.00	Mat Pilates	Dojo	1
12.15-13.00	Swim Technique	Pool	1/2
12.30-13.15	Step & Tone	Studio	3
12.30-13.15	TRX	Glass Floor	1/2
12.30-13.15	Kickboxing	Boxing Ring	1/2
12.30-13.15	DJ Spin	Spin Floor	All
13.00-13.45	Qi Gong	Dojo	All
13.15-13.30	Abs	Glass Floor	All
13.15-14.15	M-powering Yoga	Studio	2/3
13.30-14.00	G-Cardio	CV Floor	All
18.00-18.45	Climbing	Climbing Wall	1
18.00-19.00	Anusara Yoga	Dojo	1
18.15-19.15	DJ Spin	Spin Floor	2/3
18.15-19.15	"Bitch" Boxing	Boxing Ring	All
18.30-19.30	SCS	Studio	2
19.00-19.45	Climbing	Climbing Wall	2
19.00-20.00	Flying Acroyoga	Dojo	1/2
19.15-19.30	Abs	Glass Floor	All
19.15-20.15	Muay Thai Kickboxing	Boxing Ring	All
19.30-20.30	Dance Medley	Studio	All
19.35-20.05	Hypoxic 5	Hypoxic	2/3
20.00-21.00	Brazilian Jiu Jitsu	Dojo	1

wednesday

Time	Class	Area	Level
7.30-8.15	Spin	Spin Floor	All
7.30-8.15	Hardcore	Studio	All
8.15-8.30	Abs	Glass Floor	All
12.00-12.30	TRX	Glass Floor	All
12.15-13.00	SCS	Studio	1/2
12.15-13.15	Mat Pilates	Dojo	2/3
12.30-13.00	Spin	Spin Floor	1
12.30-13.00	Turbo Training	CV Floor	2/3
12.30-13.30	Beginner Boxing	Boxing Ring	1/2
13.00-13.15	Abs	Glass Floor	All
13.00-14.00	HIT SCS	Studio	2/3
13.15-13.45	Hypoxic 5	Hypoxic	2/3
13.15-14.00	Hula Hoop	Glass Floor	All
13.15-14.15	Hatha Yoga	Dojo	2/3
13.30-14.30	K-O Boxing	Boxing Ring	I.O.*
18.00-19.00	Yogatone	Studio	2/3
18.15-19.00	Pole Dancing	Dojo	All
18.15-19.15	Boxing	Boxing Ring	1/2
18.30-19.15	The Grand Circuit	Glass Floor	3
18.30-19.15	DJ Spin	Spin Floor	All
18.30-20.00	Park Fitness**	Outdoors	All
19.15-19.30	Abs	Glass Floor	All
19.15-20.00	Pilates	Dojo	1
19.30-20.30	G-Jam Dance	Studio	All
19.30-21.00	Kung Fu	Glass Floor	£

thursday

Time	Class	Area	Level
7.30-8.15	Spin	Spin Floor	All
7.30-8.15	Swim Skills & Drills	Pool	2/3
7.30-8.30	Kundalini Yoga	Studio	All
7.30-8.30	MMA / BJJ Club	Dojo	I.O.*
8.15-8.30	Abs	Glass Floor	All
12.15-13.00	Legs Bums & Tums	Glass Floor	3
12.15-13.00	Spin	Spin Floor	All
12.15-13.15	Mat Pilates	Studio	2/3
12.45-13.45	Muay Thai Kickboxing	Boxing Ring	1/2
13.00-13.30	Abs & Skipping	Glass Floor	3
13.15-14.00	Intermediate Swim	Pool	2
13.15-14.00	Pole Dancing	Dojo	1
13.15-14.15	Hatha Yoga	Studio	1/2
13.30-14.00	Bootcamp Conditioning	Glass Floor	3
18.00-18.30	Stamina Swim	Pool	3
18.00-18.45	Climbing	Climbing Wall	2
18.00-18.45	SCS	Studio	All
18.00-19.00	Vinyasa Flow Yoga	Dojo	All
18.30-19.30	Swim	Pool	2/3
18.30-19.30	Boxing	Boxing Ring	All
18.45-19.30	Climbing	Climbing Wall	1
18.45-19.30	DJ Spin	Spin Floor	3
18.45-19.45	Streetfunk	Studio	All
19.30-19.45	Abs	Glass Floor	All
19.30-20.30	Running Club	Outdoors	2/3
19.30-21.00	Muay Thai Kickboxing	Dojo	1/2
19.45-20.45	Pilates	Studio	3

friday

Time	Class	Area	Level
7.30-8.15	Rock n Ride	Spin Floor	1/2
7.30-8.30	Acroyoga Asana	Studio	2/3
8.00-9.00	Mat Pilates	Dojo	All
8.15-8.30	Abs	Glass Floor	All
12.00-13.00	K-O Boxing	Boxing Ring	I.O.*
12.15-13.00	SCS	Studio	All
12.30-13.15	Spin	Spin Floor	3
13.15-13.30	Abs	Glass Floor	All
13.15-14.00	Mat Pilates	Dojo	All
13.15-14.00	Boxing Circuits	Boxing Ring	All
13.15-14.00	Latin Aerobics	Studio	All
17.45-18.45	Mat Pilates	Dojo	All
18.00-19.00	Yoga Ballet Fusion	Studio	All
18.15-19.15	Kickboxing	Boxing Ring	2/3
18.30-19.00	TRX / Conditioning	Glass Floor	All
19.00-20.00	Hatha Yoga	Studio	All

saturday

Time	Class	Area	Level
9.30-10.30	Ashtanga Flow	Studio	All
11.00-12.30	Stamina Spin	Spin Floor	3
12.00-13.00	Kickboxing	Boxing Ring	1/2
12.30-12.45	Abs	Glass Floor	All
12.45-13.15	TRX	Glass Floor	All
13.30-15.00	Santangelo Yoga	Studio	2/3
16.00-17.00	Santangelo Yoga	Studio	1/2

sunday

Time	Class	Area	Level
11.00-12.00	Mat Pilates	Studio	All
11.15-12.00	Spin	Spin Floor	All
12.00-12.15	Abs	Glass Floor	All
12.15-12.45	Conditioning	Glass Floor	All
17.00-18.30	Vinyasa Flow Yoga	Studio	2/3

information

Level 1	Beginners
Level 2	Intermediate
Level 3	Advanced

All Levels Suitable for everyone

£ Fee Payable - 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 (option 1), online at www.thethirdspace.com, or by using the iPhone application.

Activities and scheduling may be subject to change.

Alternative schedules will run on Bank Holidays.

* by Invitation Only

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

Aerobics

G-Cardio

Group Cardio session on the treadmills with Fitzroy Gaynes. Feel motivated and monitor your progress in this indoor group running club.

G-Jam Basic Aerobics

Join legendary Fitzroy Gaynes in this garage-jam based aerobic workout. Test your coordination skills and learn the basics to join the Wednesday night G-Jam class!

Hypoxic 5

5 machines, 5 minutes each, 5 ways to improve your health! Altitude training has been proven to assist with weight loss, lower cholesterol levels, improve cardiovascular performance and strengthen the immune system!

Latin Aerobics

A fun and highly energetic cardio Latin workout featuring salsa, samba and lots of chachacha moves to get you in the mood for Summer!

Turbo Training

Monitor your progress in this advanced cardio workout on the turbo trainers and treadmills. An ideal advanced workout for triathletes!

climb & swim

Climbing

A chance to be challenged by the TTS wall under the supervision of a professional climbing instructor. Learn how to use the self-belay, tie-up properly and get signed off to use the wall on your own.

Swim

The TTS swim coaches are highly experienced in their field. Beginner classes focus on the technical aspects of swimming, whilst level 2 and 3 swimmers can improve their technique and pick up effective stroke economy tips 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.

combat & martial arts

“Bitch” Boxing

Sorry guys, this is a boxing class strictly for women only! With our very own Cathy "The Bitch" Brown. Covering everything from how to throw a good punch to how to duck one! This class will get you confident using the pads.

Boxing

Learn everything you need to know about boxing! The training focuses on a combination of pads, cardio and body-resistance fitness.

Boxing Circuits

Punch your way through a variety of pad-work exercises. Release some anger and get your body fighting-fit in no time!

Brazilian Jiu Jitsu

This martial art and combat sport focuses on grappling and especially on ground fighting with joint-locks and chokeholds. It promotes the principle that using leverage and proper technique can help to defend against a bigger, stronger assailant.

Fencing

If you'd like to experience and learn the unique art of fencing, private and group tuition is available on request. Simply ask our Studio Manager for more details.

Kickboxing

Experience the art of kickboxing for a great cardiovascular workout leaving you feeling strong, fit and empowered, without the pressures of grading.

K-O Boxing

Full-contact boxing class lead by Ash Sharma; train with the TTS Squad and get the opportunity to progress into competitive white-collar boxing. This specialist class is for advanced boxers and by invitation only; for more information please contact reception.

Kung Fu

An efficient, effective and explosive self defence system that focuses on deflection of energy and contact reflexes. This is the system at the heart of Bruce Lee's combat, created by Shaolin monks, it is perfect for both women and men.

Mixed Martial Arts

An effective combination of mixed martial art disciplines to get you fighting fit!

Muay Thai Kickboxing

This form of kickboxing is an intense conditioning full-body workout, focusing largely on the technical aspect of the martial art.

Qi Gong

An ancient Chinese meditative practice using slow fluid movements combined with breathing practices designed to promote the correct flow of Chi, or life force. A meditation in motion, this class will promote the calming of the mind, improve overall health and increase energy levels.

cardio & conditioning

Spin

Group cycling classes packed with personality! If you're after a compact workout to fit into your lunch break, check-out our 30min spin sessions ideal for those on the move! Alternatively, get hooked into our optional 90min advanced level class every Saturday.

Be energized by our resident DJ for our DJ Spin sessions or enquire about our various class instructors to find a class to match your music taste.

Abs

Blast that six-pack with this 15-minute blitz on your abdominals!

Grand Circuit

Developed by the legendary Fitzroy Gaynes this class is not for the faint-hearted and will leave you feeling pushed through your paces! Five circuit and body resistance exercises repeated in sets: the aim is to perform 1000 exercises in 45 minutes!

Hardcore

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

Abs & Skipping

A variation on the original, this class combines 15 minutes of abdominal work with 15 minutes of hardcore cardio workout on the skipping rope!

HIT SCS

HIT = "High Intensity." Much like the SCS classes but with shorter recovery between sets and a 12-minute interval running session at the end of the class.

Try our new and even more intense Hit SCS Express: 30 minutes of workout, only for the truly hardcore!

Kettlebells

Kettlebells can deliver unparalleled fitness training if you're looking to burn fat, build up high levels of cardio fitness and make phenomenal gains in strength and power. The kettlebell is back with a vengeance!

Legs Bums & Tums

A low impact workout concentrating on exercises that tone and sculpt the lower body. An ideal summer body workout!

Park Fitness

Take a run to one of the royal parks and have a full body workout with this rapidly changing set of conditioning exercises in the glorious outdoors. Come rain or shine, challenge yourself in this fun class! Non-members are welcome to join for £10 payable at reception, so bring your friends!

Running Club

A 60 minute running session starting and finishing at reception. This session caters for various paces and abilities and takes you out and around our wonderful City and the Royal parks.

SCS

Group Strength Conditioning System. Use the barbell weights to music with low reps and high sets. Designed to enhance muscular strength all over.

TRX

The Total Resistance eXercise system is designed to use your own bodyweight to perform exercises that build strength, flexibility, balance and mobility. Come test your stamina with this intense workout!

TRX / Core Conditioning

This half-hour class on Friday nights features a different trainer each week focusing on muscular endurance, core stability and abdominal workouts.

ViPR

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 this unique piece of equipment in this body conditioning class.

Dance

Combinations

A high intensity dance class designed to get your heart racing and your body pumping to the music. This class will teach you 32-block routines that can be combined in various ways to keep the routine changing all the time.

Dance Medley

Come dance your way around the world in three different styles from the various continents! Each month a different style will be offered for you to try. Explore new cultures right here at The Third Space!

G-Jam

Garage Jam with the legendary Fitz teaches you energetic dance moves within a fun choreography routine.

Hula Hoop

Hooping is exercise for the mind and body. These classes use bigger, heavier hoops, providing a fun activity with some serious benefits: hula hooping is a low-intensity aerobic exercise that strengthens the muscles of the torso and enhances flexibility in the spine. It requires concentration, coordination and a playful attitude; it encourages right-left coordination and may improve balance and spatial awareness. So come give it a whirl!

Pole Dancing

It's true: now available twice each week! Come experience the thrill of seduction on the pole and learn what it really takes to be that sexy! This is a challenging class that tones core muscle groups and increases upper body strength.

Street Funk

Fun, but thorough workout that includes a choreographed routine with all the latest commercial and street moves of today. Come throw some shapes!!

pilates & antenatal

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. Our Dynamic Pilates class takes you to a new level with an intense conditioning workout. Look out for our new advanced 30min Flow Pilates!

Gyrokinesis

This pilates-based exercise focuses on natural, undulating spiral and spherical movements of the body, gently working the spine, joints and muscles. Improves movement of the joints, flexibility and lengthens and strengthens the body.

Antenatal

Exercising whilst pregnant will help the expectant mum cope with the continuous changes the body undergoes as well as maintain and improve fitness levels. Antenatal yoga focuses on relaxation and breathing techniques while antenatal fitness offers a low-intensity aerobic workout, body conditioning and weight lifting to keep the body strong. Increase your comfort during pregnancy and prepare for a faster post-natal recovery.

Yoga

Acroyoga Asana

Combining the wisdom of yoga asana and the conditioning and strength of acrobatics, this session does not involve a base, flyer or spotter but acts as the preparation for partner and group work. However, the sequence we follow can stand alone as a dynamic Vinyasa style asana practice. Be prepared to work that body.

Anusara Yoga

Anusara is a heart-oriented, spiritually inspiring practice, and yet grounded in the Universal Principles of Alignment with its three elements: Attitude, Alignment and Action. Grounded in the hatha yoga style, it blends the scientific principles of biomechanics with a deep spiritual connection to the heart. Instead of only trying to control the body and the mind from the outside, the poses originate from a deep consciousness of the connection to the Divine.

Flying Acroyoga

AcroYoga combines the bodywork disciplines of acrobatics, partner yoga and Thai massage. Challenge yourself in balance and flexibility.

Hatha

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

Kundalini Yoga, the Yoga of Awareness, is a potent and effective system of self-transformation and personal development. It is a complete science that includes breath (pranayam), yoga postures (asanas), sound, chanting (mantra) and meditation. It is designed to provide you with the experience of your highest consciousness through the raising of your Kundalini, or life force.

Santangelo

An exclusive TTS class blending Hatha and Sivananda yoga according to our own Maria Santangelo! Promote inner wellbeing and outer strength.

Vinyasa Flow

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

Yoga Ballet Fusion

A fusion of yoga and ballet fitness. The Vinyasa flow aspect from yoga lengthens the body whilst the dance aspect improves stamina and tones the body. A strong workout for the hips and thighs, whilst improving posture.

Yoga Basics

Practice the core basics of yoga. Yoga Basics is an introduction to yoga and will teach you the basic concepts, movements and breathing involved in this fantastic discipline. Beginners and intermediate welcome.