

Zen2yoga Class Descriptions

ASHTANGA YOGA

Build your practice. Find your rhythm.

A traditional and progressive yoga practice where you can work at your own pace, with guidance from your teacher throughout.

We'll begin together before giving you the freedom to explore the sequence at a level that feels right for you. Expect focused movement, strong postures, mindful breathing and plenty of opportunity to develop your practice.

Work at your own level. Progress at your own pace.

Zen2strength

Build strength. Sculpt. Move with purpose.

A dynamic full-body strength workout using barbells, dumbbells, plates and resistance equipment. Expect a balanced combination of strength, muscular endurance and functional movement, with expert coaching and options to adapt the workout to your level.

A great choice if you want to build strength, improve fitness and leave feeling stronger and energised.

Suitable for all fitness levels.

Zen2strength Heavy

Lift heavier. Build stronger.

This is your more challenging strength session, designed for those ready to increase the load and really focus on building strength.

Expect heavier weights, controlled movements and a strong emphasis on technique, progressive loading and muscular strength. Exercises can include squats, lunges, deadlifts, presses, rows and other compound movements.

Strong, focused and seriously satisfying.

Suitable for: Those with some previous resistance-training experience. Weight and exercise options will still be available.

CANDLELIGHT SOUND BATH

Switch off. Breathe. Let the sound wash over you.

Step into the calming glow of candlelight and allow the beautiful sounds of Himalayan singing bowls and bells to create space for stillness and relaxation.

A deeply soothing experience designed to help quieten a busy mind, release tension and leave you feeling calm and restored.

Monthly sessions, open to everyone.

No flexibility required. Just come, get comfortable and relax.

CHAIR YOGA

Move more. Feel better.

Yoga doesn't have to mean getting down on the floor.

Chair Yoga brings gentle movement, stretching, breathing and relaxation into an accessible practice using a chair for support.

Perfect if you're looking to improve mobility, flexibility, strength and balance — or simply want to spend some time moving your body and feeling good.

And there's time for a **tea and chat** too!

Everyone deserves to move.

FITNESS PILATES

Pilates with a fitness focus.

A dynamic, floor-based Pilates class designed to strengthen and condition your whole body.

Expect controlled movements that challenge your core, improve stability and build strength through the abdominals, back, hips and legs.

Move with control. Build strength. Feel stronger.

GENTLE YOGA

Slow down. Loosen up. Let your body breathe.

A gentle practice based around the Pawanmuktasana series from the Satyananda tradition.

Through simple, mindful movements and yoga postures, we'll work to release tension, improve mobility and encourage deep relaxation of both body and mind.

A beautiful choice when you want to move without pushing.

Gentle doesn't mean doing nothing. Sometimes less is exactly what you need.

Suitable for everyone.

INDIAN HATHA YOGA

Discover the roots of your yoga practice.

A progressive and varied yoga class inspired by traditional practices developed through training in India.

Explore different aspects of yoga through movement, postures, breathing, relaxation and mindfulness, with each class building on your experience.

Whether you're new to yoga or have been practising for years, you'll be encouraged to work at your own level.

Move. Breathe. Learn. Grow.

Suitable for all levels.

JUST YOGA

Not sure what you need from your yoga practice today? That's exactly the point.

Monday mornings can feel different every week — so why decide in advance what your body needs?

Just Yoga is an adaptable, all-levels practice combining movement, stretching, strength, breath and relaxation.

Some days you'll want to move. Some days you'll want to stretch. Some days you'll simply need to breathe.

Come as you are. Move how you feel. Just do Yoga.

PILATES EXPRESS

30 minutes. Full-body Pilates. Maximum feel-good.

Short on time? This is Pilates with no wasted minutes.

A focused 30-minute workout using controlled movements to work your core, glutes, back and hips while developing strength, stability and body awareness.

Perfect for fitting a powerful little Pilates fix into a busy day.

Thirty minutes. One great workout.

SCULPT & SHAPE PILATES

Strengthen. Sculpt. Move.

Grab your bands and sliders and get ready to work!

This fun, dynamic Pilates workout uses resistance and controlled movement to challenge your core, build strength and tone your whole body.

Expect plenty of variety, with options to increase or reduce the challenge to suit you.

Strong body. Strong core. Feel-good energy.

Suitable for everyone.

TAI CHI

Slow down. Breathe. Find your balance.

Step away from the rush and discover the gentle, flowing movements of Tai Chi.

Combining mindful movement, breathing, balance and relaxation, this calming practice helps develop mobility, coordination and body awareness while giving your mind a chance to slow down too.

A peaceful practice that can be adapted to suit you.

Move gently. Feel grounded. Leave refreshed.

Suitable for all ages and fitness levels.

YIN YOGA

Slow down. Stay a while. Let go.

Yin Yoga invites you to do less — and feel more.

You'll explore a series of gentle, mostly floor-based postures held for longer periods, allowing the body time to soften and release.

With a focus on the hips, pelvis, inner thighs and lower back, this deeply meditative practice encourages flexibility, stillness and a wonderful sense of calm.

No rushing. No forcing. Just breathe, soften and let go.

Suitable for all.

YOGA

Your body will thank you for this one.

A varied and uplifting yoga practice combining flowing movement, strength, stretching, balance and breath.

Expect a little bit of everything — energising sequences, deeper stretches, mindful movement and time to reset.

No two bodies are the same, so you'll always have options to work at your own level.

Move more freely. Breathe more deeply. Leave feeling better than when you arrived.

Suitable for everyone.

YOGA BASICS

Start here. Build your confidence. Find your yoga.

New to yoga? Or simply want to revisit the foundations?

Yoga Basics takes you back to the essentials, introducing the key postures, movements, breathing and principles that form the foundation of a yoga practice.

Relaxed, welcoming and encouraging, with plenty of opportunity to learn and ask questions.

No experience needed. Just bring yourself.

Ideal for beginners and anyone wanting to strengthen their foundations.

YOGA FOR HIPS & HAMSTRINGS

Create space. Find freedom. Move more easily.

If your hips and hamstrings are feeling tight, this is the class for you.

We'll combine flowing movement to warm and loosen the body with slower, deeper stretches designed to encourage greater flexibility and mobility.

A wonderful way to release tension, create space and leave your body feeling lighter.

Stretch. Release. Breathe. Move freely.

Suitable for all.

YOGA WITH FITNESS

Yoga meets fitness — and your whole body gets involved.

A feel-good combination of yoga-inspired movement and fitness designed to get your body moving and your energy flowing.

Expect simple, accessible movements that challenge the body, encourage strength and mobility and leave you feeling refreshed.

Move your body. Lift your energy. Feel good.

Suitable for everyone.

Yoga Beyond the Mat

Ready for something completely different?

Experience yoga in a way you may never have imagined.

Yoga Beyond the Mat takes you deeper into the living philosophy of yoga, exploring how ancient wisdom can become meaningful and practical in modern life.

Through movement, breath, reflection and the rare resonance of Himalayan Lingam singing bowls, discover yoga as more than a physical practice — a way of understanding yourself, your life and the world around you.

Explore the wisdom. Experience the practice.

Understand yourself. Learn to master your life.

ZEN2FIT AEROBICS

Turn up the music. Turn up the energy.

Get ready to move!

Zen2fit Aerobics is a fun, energetic workout combining a variety of movements to raise your heart rate, burn calories and get your whole body working.

Great music, great energy and an instructor keeping you moving and motivated.

Come for the workout. Stay for the feel-good buzz.

Suitable for all fitness levels.

ZEN2SPIN

Ride. Sweat. Smile.

Get ready to turn up the resistance and ride to the beat!

Zen2spin is a high-energy indoor cycling workout combining cardio, music and motivation to challenge your fitness and strengthen your lower body.

Your instructor will take you through the ride, giving you the encouragement and options you need to work at your own level.

Your bike. Your ride. Your workout.

Suitable for all fitness levels.

ZEN2SPIN EXPRESS

30 minutes. Big energy. Great ride.

Short on time but still want a proper workout?

Zen2spin Express packs the energy of a full spin session into just 30 minutes, combining music, cardio and resistance for a fast and effective workout.

Thirty minutes. Turn it up. Ride it out.

Suitable for all fitness levels.
