

MOVE CLASSES MENTUM



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:30	Power Vinyasa Yoga 1 hour		Gentle Flow Yoga 1 hour				
08:30	Focus to Move Momentum 1 25 minutes		Prime to Perform Momentum 2 25 minutes				
09:00						Yin Yoga 1 hour	
10:00						Movementum 1-2-3 1 hour	
12:30					HIIT 45 minutes		
13:15					Regenerate Momentum 3 25 minutes		
17:30		HIIT 45 minutes					
18:00			Run Club 1 hour	Mat Pilates 1 hour			

Yin Yoga

1 Hour

Yin Yoga is a slow-paced and meditative style of yoga that targets the connective tissues, such as ligaments, tendons, and fascia, with an emphasis on deep stretching and longer-held poses. In Yin Yoga, poses are typically passive, and practitioners hold them for an extended period, ranging from one to several minutes. This extended duration allows for a deep release of tension and an increase in flexibility.

Mat Pilates

1 Hour

Movementum Mat Pilates practice involves precise, controlled movements that enhance core muscles, improve posture, and increase flexibility. With an emphasis on breath control and body awareness, Mat Pilates provides a holistic workout, promoting overall well-being and a sense of mind-body harmony.

Power Vinyasa Yoga

1 Hour

Power Vinyasa Yoga is an energetic and dynamic style of yoga that combines breath and movement in a flowing sequence. It is a modern and vigorous variation of traditional Vinyasa yoga, emphasizing strength, flexibility, and cardiovascular fitness. In Power Vinyasa, practitioners move through a series of poses in a continuous, fluid motion, synchronizing breath with each movement.

HIIT

45 Minutes

Your Movementum HIIT workout will involve exercises such as sprinting, jumping, or strength training, performed at maximum effort for short intervals, followed by brief recovery periods. This pattern of intense exertion and rest is designed to elevate the heart rate, boost metabolism, and improve both aerobic and anaerobic fitness.

Gentle Flow Yoga

1 Hour

Gentle Flow Yoga is a soothing and accessible style of yoga that prioritizes relaxation, flexibility, and mindfulness. In contrast to more vigorous forms of yoga, Gentle Flow involves slow and gentle movements, making it suitable for all fitness levels, including beginners and those seeking a more relaxed practice.

Run Club

1 Hour

Hyde Park Run Club is a 7k run through Hyde Park with a pace that allows for conversation. It is free to join for all Bodyspace Members and takes place at 6pm every second Wednesday starting from Mandarin Oriental, Hyde Park.

Focus to Move

25 Minutes

Focusing on postural awareness whilst building confidence and enhancing motivation through a series of mobility and breathing exercises specifically designed to remove neuro muscular inhibition for improved range of motion, and greater potential to move. Every movement can be customized to the level of intensity that is most appropriate for your range of motion. This class can be done pre workout or as a stand-alone designated movement health session.

Prime to Perform

25 Minutes

Taking the client on pathway from static and functional stability moving into power and neural priming. This is a dynamic and engaging experience focusing on increasing strength and overall function. Your trainer will assist and guide you through a series of specific movements. Applicable to all levels of fitness and anyone looking to progress their movement health journey. Perfect for those who are wanting to work harder, move more, engage the whole body and are ready to sweat.

Regenerate

25 Minutes

Ideal for those looking to enhance performance and recovery through rapid regeneration. This class will educate clients about how they can use flexibility training through movement, stretching and loading through range for recovery and restoring energy and readiness. The goal of this class is to equip the body with the ability to repeat the consistency and frequency, repeat movement with more intensity leading to overall improved health. Perfect for those wanting to improve mobility and optimize recovery.