Skill Endurance DISCIPLINE

START TODAY

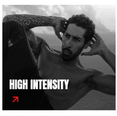
DISCOVER A MEMBER

Build your BEST BODY

ALL PROGRAMS

STRENGHT & ENDURANCE

INDOOR CYCLE


HIGH INTENSITY

MIND & BODY

CROSSFIT WORKOUT

WHOLE BODY FITNESS

How you can #BECOMESTRONGER

DISCOVER THE POWER
Will create a plan that's tailored to your situation with this combat and create your everyday nutrition strategies.

DIET IS EVERYTHING
We are here to help you with nutritional perfection. Perfect body is achieved with healthy diet and regular exercise.

ENDURANCE MATTERS
Type your endurance and Cardio Vascular abilities beyond the best with a Functional training protocol.

YOUR HEALTH - YOUR WAY
Our customised personal training protocol guarantees you that well define physique sport like for sure.

MASTER THE UPPER CUT
If Boxing is your passion then experience this combat sport like never before. Unveil a new angle of fitness.

FIRST CLASS MACHINES
Accentuating every set to help you, rep and movement our machines will redefine the way you train.

Your first CLASS FREE

+99 10 11 900

VIEW SCHEDULE

Weekly SCHEDULES

VIEW ALL

CLASSIC MONDAY	
MAT PILATES	08:00 - 09:00
CARDIO BURN	09:30 - 10:30
CROSSFIT	17:00 - 18:00
HATHA YOGA	19:00 - 20:00

CLASSIC TUESDAY	
POWER YOGA	08:00 - 09:00
INDOOR CYCLE	10:00 - 11:00
STRONGMAN	14:30 - 15:30
PILATES REFORMER	17:30 - 18:30

CLASSIC WEDNESDAY	
MAT PILATES	08:00 - 09:00
YOGA	09:00 - 10:00
CARDIO BURN	11:30 - 12:30
STRONGMAN	17:30 - 18:30

CLASSIC THURSDAY	
POWER YOGA	08:00 - 09:00
INDOOR CYCLE	10:00 - 11:00
STRONGMAN	14:30 - 15:30
PILATES REFORMER	17:30 - 18:30

CLASSIC FRIDAY	
MAT PILATES	10:00 - 12:00
YOGA	09:00 - 10:00
CARDIO BURN	11:30 - 12:30
STRONGMAN	17:30 - 18:30

CLASSIC SATURDAY	
POWER YOGA	10:00 - 11:00
INDOOR CYCLE	12:00 - 13:00
STRONGMAN	13:00 - 14:00

#1 HIT / HIT

HIIT workouts shift your body from periods of aerobic activity to periods of the best training tools for developing a strong anaerobic activity. When your body is in and "aerobic mode," your body is using oxygen. When your body is in "anaerobic mode," your body is using its stored energy instead of oxygen.

- MONDAY
- WEDNESDAY
- FRIDAY

APPLY NOW

#2 STRONGMAN

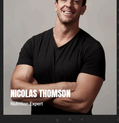
Gymnastic rings are one of the best training tools for developing a strong and muscular upper body. One look at the upper-body development of male gymnasts shows just how effective bodyweight training with rings can be.

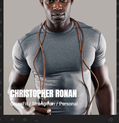
- TUESDAY
- THURSDAY
- SATURDAY

APPLY NOW

Devoted FITNESS COACHES

ABOUT US


NICOLAS THOMSON
Nutrition Expert


CHRISTOPHER RONAN
Boxing / Kickboxing / Personal

SAMANTHA PAUL
Pilates / Power Yoga

Our clients TESTIMONIALS

★★★★★

"We'll start small then build, giving your body a to really what you're doing," says Sylvia. "Each class will be exciting, always moving you forward."

SYLVIA RINSKY
Recreational climber

Question? CONTACT US

Name

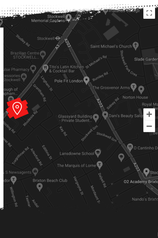
E-mail*

I Am Interested In

Your Message

SEND NOW

ADDRESS
244 STOCKWELL RD
4TH FLOOR
BRIXTON, SW9 9SP

BUSINESS HOURS
MON - SAT
6:00 - 23:00
SUNDAY - CLOSED

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