

Classes

Aqua Aerobics Fun and enjoyable water aerobics suitable for all ages and levels of fitness.

Aqua Pilates A workout based on traditional Pilates, with the emphasis on stretching and strengthening. The class will help improve balance, and flexibility, all with the comforting support of the water..

Boxercise A mix of high intensity training circuits. Each class will have a different variation and will focus on strength, conditioning, agility, cardiovascular fitness, muscular endurance and core training.

Fitsteps® Fitness programme which is a mix of Ballroom & Latin dances put together to create a fun, energetic and effective way to stay fit. No partners needed.

Flow Yoga The class ensures safety & restoration are priority while building flexibility, skill & mobility. Variations and modifications given to suit all levels and abilities. Allow your mind to open and relax during full body hearty flows.

HIIT High-intensity interval training is a training technique in which you go all-out through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods.

IgniteFit a half hour class to ignite your metabolic rate, release endorphins and produce Body Conditioning effects. This session uses weights and own body weight to train the cardiovascular system, to develop strength, speed and muscle power in a high energy class that will leave you feeling energised and focused.

Keibudo Karate is a Martial Art for the whole family, covering all techniques from self-defence to all round fitness. From ages 6 and up. The whole family can train together, with our family discount offers.

Legs, Bums & Tums This class helps you shape and tone with a series of exercises that specifically target your lower body.

Men's Wellness A men only fitness class, utilising circuit training, cognitive challenges and Pilates to facilitate ageing well.

Old Skool Aerobics Back to high kicks and grapevines, whooping and leg warmers optional. High energy fitness session to include cardio followed by toning with a bums and tums focus.

Pilates Connect with your muscles, focus your mind on your joints to ensure alignment and mobility. Strengthen your core supporting muscles, promote posture alignment and reduce the negative effects of daily lifestyle behaviours.

Pilates Boost Combination of Pilates exercises designed to energise the body and make you feel "POWERFUL" and "EMPOWERED". All within a 45 minute flow and rhythmic session utilising the principles of Pilates.

Powertone All over body work-out including fat burning, body sculpting and yoga exercises. Combines sets of resistance training and cardio-vascular exercises.

Power conditioning and stretch Whole body toning session with lengthening stretches to unwind mind and body at the end of the week.

Weighted Workout A fun workout class using dumbbells to get an all over body workout, sculpting the muscles and learning techniques you can take into the gym.

Yoga Flow Stretch and ease your way into the day with this easy to follow freestyle flow, complete with some shavasana to relax.

Zumba® is a fun enjoyable energising class. Every class feels like a party! It's a total workout, combining cardio, muscle conditioning, balance and flexibility. You'll leave each class with boosted energy and a serious dose of awesomeness.



Aztec Studio



Time to table

Only
£31.50
month

Studio Membership

includes free access to most classes



= Free classes for Studio & Platinum Members

Get fit... have fun!

www.tlh.co.uk








www.tlh.co.uk Call 01803 400190

Aztec Studio, TLH Carlton Hotel, Falkland Road, Torquay







Aztec Studio Timetable

from 1 September 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HIIT  8.30am–9.20am Call Bridget on 07539 273525	Aqua Aerobics  9.00am–9.45am with Claire	HIIT  9.00am–10.00am Call Bridget on 07539 273525	Flow Yoga  7.45am–8.45am with Alex	HIIT  9.00am–10.00am Call Bridget on 07539 273525	Step/Combat Aerobics  9.00am–10.00am with Emma
Pilates  9.40am–10.40am Call Julie on 07966 571159	Pilates  10.00am–11.00am with Emma	Fitsteps®  1.30pm–2.15pm with Vicky	Weighed Workout  9.30am–10.30am with Holly	Aqua Aerobics  9.15am–10.00am with Emma	Yoga Flow  10.15am–11.15am with Holly
Pilates  11.00am–12.00pm Call Julie on 07966 571159	Weighted Workout  11.15am–12.15am with JP	Aqua Aerobics  1.45pm–2.30pm with Emma	Yoga  10.30am–11.30am with Holly	Pilates  10.30am–11.30am with Emma	
IgniteFit*  5.30–6.00pm with Emma	Keibudo Karate School  5.45pm–6.45pm Keith 07884017878	Zumba  5.15pm–6.00pm with Kelly	Keibudo Karate School  5.45pm–6.45pm Keith 0788 4017878	Pilates  11.45am–12.45pm with Emma	
Pilates  6.10pm–7.10pm with Emma	Powertone  7.00pm–8.00pm Call Bridget on 07539 273525	Old Skool Aerobics  6.00pm–7.00pm with Emma	Aqua Aerobics  6.00pm–6.45pm with JP	Men's Wellness  1.00pm–2.00pm with Emma Call 07870 738647	
Pilates Boost  7.15pm–8.00pm with Emma		Boxercise  7.10pm–8.10pm with Emma	Powertone  7.00pm–8.00pm Call Bridget on 07539 273525	Power Conditioning & Stretch  5.30pm–6.30pm with Emma	

 Bookable on **CymSync** app

 Bookable directly with Instructor.

 Water-based Class
 Dance/Choreography
 High Intensity/Conditioning
 Mind/Body

Class Fees:

 **£3** members **£6** non-members
 Free to Studio & Platinum Members

 *** £2** members **£6** non-members
 Free to Studio & Platinum Members

Entry will not be granted without a card - You must collect a class card when you pay and hand it to the instructor when entering the Studio. **Participants must be aged 16 or over.** Terms and conditions: All classes must be paid at least 5 minutes before the start of the class. • If a class has to be cancelled or changed at short notice, we will try our best to let you know in good time • If you have pre-paid, we will transfer your payment to the next available class • No refunds or transfers will be made if a class is covered by another instructor • No refunds or transfers will be given for bookings cancelled by you • You will be required to complete a pre-exercise questionnaire on your first visit • Please check with your doctor if you have any health concerns before starting a new exercise class • For free classes, members must show their membership card at the reception when booking onto the class • Schedule running weekly from 6th October 2024.