

Monday

- RPX Strength with Naomi

This class utilizes our RPX Training Method to build the foundations of strength, then reinforce the movement patterns in multiple environments for optimum strength and performance. If you want to improve your knowledge of good movement, improve strength, balance and stability, then this class is for you.

Tuesday

- Strength Combo Tom

RPX SurfSet class is unique to our studios; each class is tailored using our own RPX Training Method.

Wednesday

- RPX Strength with Naomi

This class utilizes our RPX Training Method to build the foundations of strength, then reinforce the movement patterns in multiple environments for optimum strength and performance. If you want to improve your knowledge of good movement, improve strength, balance and stability, then this class is for you.

- RPX Reformer with Naomi

RPX Reformer is unique to our studios; each class is tailored using our own RPX Training Method. The class is suitable for all levels, as the RPX training method enables participants to challenge themselves at their own level. If you want to improve core strength, balance, and flexibility, then this class is for you.

Thursday

Friday

- Reformer Class - John M

RPX Reformer is unique to our studios; each class is tailored using our own RPX Training Method.

Saturday

- Rehabilitation class - Yasmin

RPX Rehabilitation class is focussed at progressing you from your private sessions into a small group setting. The aim of this class is to empower you with the knowledge and tools to progress into the small group classes