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THE WORKOUTS WILL
KICK YOUR BUTT EVERY
TIME, PLUS THEY CAN
BE MODIFIED FOR
BEGINNERS AND THOSE
WITH MORE EXPERIENCE
IT'S FOR EVERYONE


Le Studio

SPORTS & COACHING

TEAM TRAINING LIFE CHANGING

FUNCTIONAL TRAINING
STRENGTH & CONDITIONING
HIGH INTENSITY INTERVAL
TRAINING (HIIT)

CONTACT US

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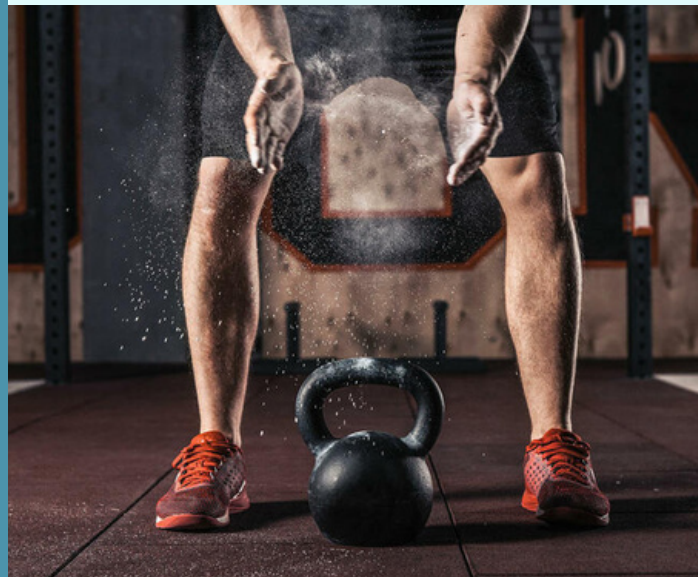


AT LE STUDIO THERE ARE NO
RANDOM WORKOUTS.
WE RUN A RESULT DRIVEN,
PERIODISED STRENGTH &
CONDITIONING PROGRAM
THAT CAN BE CUSTOMIZED
TOWARDS AN INDIVIDUAL'S
GOALS. THERE'S NO "ONE
SIZE FITS ALL" IN FITNESS,
SO WE MAKE SURE YOUR
TRAINING IS CENTRED
AROUND YOU

INNOVATION MOTIVATION RESULTS

training workouts are designed to unify the muscle groups of the body and to help make you feel and perform better in all aspects of your life

FUNCTIONAL HIIT | TEAM TRAINING |



OUR CLASSES

STRONG | STRENGTH & CONDITIONING

A performance-based training program, designed to have you pushing high loads to develop full body strength.

LEAN | STRENGTH & CONDITIONING

Our resistance-based training program focusing body composition, conditioning, core strength and developing the posterior chain.

HIIT | HIGH INTENSITY TRAINING

A conditioning program designed with mixed modalities of fitness to develop strength, speed, power and aerobic endurance.

OUR TRAINING METHODOLOGY IS DELIVERED
ACROSS UNIQUE PROGRAM STRUCTURE :
STRENGTH & CONDITIONING | HIIT
ON STRENGTH DAY YOU CAN CHOOSE BETWEEN
OUR STRONG OR LEAN SESSIONS. EACH FITS
INTO A 12-WEEKS TRAINING CYCLE WITH
TESTING AT THE END OF EACH BLOCK TO
EVALUATE PERFORMANCE AND SET GOALS FOR
THE NEXT CYCLE.

**SMALL GROUP TRAINING
10 PEOPLE MAX / CLASS**

**THE TEAM MENTALITY
TRAINING
HELPS MEMBERS
TRANSFORM THEIR
LIFESTYLE PHYSICALLY
AND MENTALLY
WHILE ENCOURAGING
COMMUNITY GROWTH
AND A NO-EGO
ATTITUDE**



**THE MOTIVATION
AND
ENCOURAGEMENT
IN A GROUP
TRAINING FACILITY
CREATES
A PULSING, UPBEAT
ENVIRONMENT
WHERE
GOALS ARE MET
AND EXCEEDED**

INNOVATION | MOTIVATION | RESULTS



SPINNING

It's fun, low impact and you can burn up to 500 calories session. With great music pumping and the group cycling as one. Your instructor takes you on a journey of hill climbs, sprints and flat riding.

CIRCUIT TRAINING

Whatever your fitness level, wherever you are in your wellness journey, we're here to support you. work at your own pace through interval-timed strength & cardio stations in this total body conditioning circuit class.

Le Studio

SPORTS & COACHING



A slow pace flow routine that will improve your mind and your body to help you in everyday life activities.

You can expect to bend and stretch through a series of simple mobility moves, suitable for everyone



Pilates

Mat pilates are sequences which will help building core strength, stability, flexibility and coordination.

Yoga

Vinyasa classes focus on alignment and mindful transitions including sun salutations, standing and floor postures and guided relaxation.

Mobility/ stretching

Increase your overall wellness, allow your body to move better, reduce your risk of injury and improve your performance.