



WINNERS TRIANGLE

The Cabin MOVEHQ

Monday

7am **Engine Room** 12:30pm **Metcon** 6pm **Strength** 7:30pm **Flow & Restore Yoga**

Tuesday

7am **Core & Mobility** 12pm **Metcon** 5:15pm **TRX** 6pm **Strength**

6:30pm **Vinyasa Yoga**

Wednesday

12pm **Core & Mobility** 12:45pm **Strike!** 6pm **Strength** 6:30pm **Hatha Yoga**

Thursday

7am **Engine Room** 12pm **Bootcamp!** 12pm **Pilates** 6pm **Strength**

Friday

12pm **Vinyasa Yoga** 5pm **Watt Bike**

Group Exercise Timetable

5 x Sessions
= £25



10 x Sessions
= £40



Work at WINNERS TRIANGLE ?



Free Personal Health Assessment

Postural assessment, measurements, strength testing - receive your own profile



Discounted Gym memberships

Corporate rates - up to 40% off, with flexible terms, no long contracts



Discounted Group Exercise classes

Up to 50% off normal price: 5 or 10 x sessions available to purchase



Free workshops

Education sessions - nutrition, sleep, posture perfect, lifestyle, training tips



Sports events & competitions

MOVE HQ

