

Class Descriptions

Fierce Grace (90 mins) General level class that includes, hip openers, deep twists, strengthening upper body, bums and abs. It's a combination of Hatha, Power and Ashtanga yoga, interval and core training and offers peak fitness, strength, flexibility and relaxation. Suitable for all ages and levels. The signature class of the FIERCE GRACE system.

Classic (90 mins) Another class from the FIERCE GRACE system this is a traditional hot yoga class. This motivating class develops alignment while building strength, stamina and flexibility. Suitable for all ages and levels.

Deep Core (75 mins) Suitable for beginners and advanced students alike, this offers an instructional, relaxing floor based class. Designed to realign postural issues and release stress, the slower pace allows time to work with injuries, learn correct alignment and work on flexibility. TMFIERCE GRACE

Wild (60 mins) WILD is a new cardio-yoga class, from the FIERCE GRACE system, that bridges the gap between conventional gym workouts and yoga. WILD combines Kundalini Yoga, Barre, resistance stretching, HIIT and Super Slow training to strengthen and sculpt every inch of your body. Get strong and fit in this high energy, fast-paced class. This class is not suitable for your 1st ever yoga class or if you're injured or pregnant.

Infinity 60 (60 mins) The condensed version of everything with some added surprises (+ some extra sets)! This is a super charged super workout designed to get you fitter faster. Different class sequence Mon & Wed. Suitable for all levels.

Infinity 90 & 75 The class duration is in the title. These classes have a little bit of everything, including double and treble sets, giving you a balanced full body workout. The 75 min class uses more Pilates mat exercises to develop core strength & dynamic flexibility. Both classes are suitable for all levels.

Infinity Flow (75 mins) A great class to gently introduce you to vinyasa. Vinyasa links body movements with breath to create a class that builds and flows from start to finish. Room is warm but not Hot. Suitable for all levels.

Evolve (90 mins) An intermediate level class with flowing sequences mixed in with static postures, this class has postures that you know from the other classes but with more options for people who want to explore, expand & evolve their practice. Not Suitable for beginners.

Beyond (90 mins) An exciting class from Infinity Hot Yoga that promises to challenge your practice with arm balances and inversions incorporated into a fast moving flow. Take your practice BEYOND your expectations. Most definitely not suitable for beginners.

Infinity Sports (75 mins) Developed by one of Ireland's leading Strength and Conditioning Coaches, our very own Julie Davis. Julie has delivered this class to Ulster Rugby, Armagh Senior Football Team, Cork Senior Hurling Team as well as leading GAA Clubs from Kildare. This class is designed to improve functional movement, help prevent injury and promote recovery. With hip openers, back, hamstring & shoulder stretches, spinal mobilisation and core, pelvis, hip & shoulder stabilisation exercises. This is a beneficial class, whatever your activity or sport, and is ideal for field players, cyclists and runners.

Elementary (60 mins) A great class to gently introduce you to yoga. A slow paced class in a mild heat. Foundation postures and gentle sequences are taught using correct breathing techniques and posture modifications, with straps and blocks to help guide you into correct alignment. This class is great if you're new or returning to yoga, or if you are recovering from an injury, or if you just want a slower paced class. Room is warm but not hot. Suitable for all levels.

Lunchtime Yoga (45 mins) Reset and relax with our lunchtime Yoga class. Non hot & suitable for all levels.

Lunchtime Pilates (45 mins) Maximise your day with our lunchtime Mat Pilates class. Non hot & suitable for all levels.