



CLASS & SCHEDULE INFORMATION



**THE
SHREDQUARTERS**
BRIGHTON



**RESULTS-BASED
GROUP TRAINING**



WHAT. WE. DO.

Here at The Shredquarters Brighton, we pride ourselves on building a warm and welcoming community to build strong, fit and robust humans.

Our variety of classes that we offer here are specifically designed by our expert team of Personal Trainers to help get you fit, strong and most importantly, feel great through group training.

We produce great results and truly care about helping you succeed.

We're much more than a gym and we always will be.

Detailed below is more information about our awesome classes and schedule.

OUR CLASSES

SHRED

Our signature class . Specifically designed to give you maximum results. Our shred classes combine high energy, full-body HIIT training to get you to work hard, burn fat and feel great.



LIFT

This is our awesome strength-based workout. You'll learn the fundamentals of weight training and feel the empowerment of building strength, whilst improving technique and form.



BRIGHTON STRENGTH CLUB

Giving you the **perfect combination** when it comes to lifting weights and getting a sweat on. BSC is our hybrid class between **Strength & HIIT** and certainly creates a fun and engaging team-based workout to help supercharge your week .

RUMBLE

The latest addition to our timetable. Our very own boxing class, teaching the fundamentals of boxing whilst getting a good ol sweat on. Monday nights at SQB with the flying scotsman, coach Jimmy. **Bring your own gloves gang!**

OUR CLASSES

YOGA

We do yoga and we do it well. Wednesday nights at SQB. Designed to help with recovery, meditation and flexibility. This is a great addition to our timetable to help you de-stress.



Shred Run Club is designed to suit a variety of abilities when it comes to running. Be it if you're looking to build up to a 5k, marathon. or even to help with competing at Hyrox. Wednesday Midday. Location TBC.

H Y R O X



Friday's showcase our **awesome Hyrox class** which replicate exercises/systems that are used in the Racing Fitness Series. Here you'll learn everything about pacing, building a solid aerobic base and earning a huge calorie expenditure.



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HYROX | 

FRIDAYS AT SQB

Our awesome endurance-based class : Shred Hyrox.

Geared towards helping you improve aerobic capacity, pacing and Hyrox-specific movements.

What to expect : High-energy, Team-Work, Sweat-Induced Fun.

Get Involved

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OFFICIAL

HYROX GYM

SQB CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SHRED 06:15	SQ LIFT 06:15	SHRED 06:15	SQ LIFT 06:15	SHRED HYROX 06:15	OPEN GYM 07-08:00	MAMA TIME
SHRED 07:15	SQ LIFT 07:15	SHRED 07:15	SQ LIFT 07:15	SHRED HYROX 07:15	BSC 08:15	SHRED 09:00
OPEN GYM 08-10:00	OPEN GYM 08-09:00	OPEN GYM 08-10:00	OPEN GYM 08-10:00	OPEN GYM 08-10:00	BSC 09:15	SEABEASTS
SHRED 10:00	MAMA TIME	SHRED 10:00	SQ LIFT TECHNIQUE 10:00	SHRED HYROX 10:00	OPEN GYM 10-12:30PM	
RUMBLE 11:00 OPEN GYM	BSC 12:30	SHRED RUN CLUB 12:00	OPEN GYM 11:00- 12:00	MAMA TIME		
SHRED 17:00	SQ LIFT 17:00	BSC 17:00	SQ LIFT 17:00	SHRED HYROX 17:00		
SHRED 18:00	SQ LIFT 18:00	BSC 18:30	SQ LIFT 18:00	SHRED HYROX 18:00		
RUMBLE 19:00	SQ LIFT 19:00	YOGA 19:30	SQ LIFT 19:00			
			HAYLEY DANCE 20:15			

Please note : Timetable is subject to change every 8-10 weeks due to demand. We will always welcome member feedback on our classes. Only members on our Unlimited & Deluxe membership have access to open gym times.



RUMBLE 🥊



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