

Activities & Classes



Gym:

Strength & Conditioning

Coach-led strength + cardio intervals using bars, kettlebells and bodyweight. Scalable for all levels.

Legends Strength & Conditioning

Friendly group with low impact coaching that pushes you safely. (Community Class)

Strong

Full-body lifting for power and muscular endurance; coached technique and progressions.

Calisthenics

Coach-led bodyweight strength and mobility: pull, push, core and balance- no machines, just you.

Bootcamp

Coached high-energy circuits mixing strength, cardio and team challenges.

Friday Night Circuits

Stations for strength, cardio and core with timed coached sessions. End your week on a high!

Super Saturday

Stations for strength, cardio and core with timed rounds. The perfect coached weekend workout!

Family Open Gym

Shared gym time so adults and young people can train side-by-side. Children age 5+ accompanied by an adult.



Studio:

Gentle Yoga

Accessible movement, breathwork and relaxation at a steady pace. (Community Class)

Vinyasa Yoga

Flowing, dynamic practice linking breath and movement for strength and focus.

Tai Chi

Slow, flowing sequences for balance, mobility and calm focus.

Dance Fit

Music-led cardio with simple choreography and fitness that feels good.

Core & Restore (Pilates-inspired)

Deep core strength, mobility and breath; leave feeling reset.



Climbing Centre:

Tribe Intro to Climbing

Coach-led basics, an introduction for novices to the climbing community, gain confidence in the different activities in the Climbing Centre.

Tribe Learn to Climb

A structured course to begin your climbing journey; techniques, skills, belaying and movement. Want to learn how to become a competent climber? This session is for you, you'll gain confidence on all the walls. Minimum two sessions.

Tribe Climbing Community

Like-minded climbers training together - share tips, build skills, enjoy the walls.

Legends Intro to Climbing

Friendly group where you work together to improve your climbing skills.



Outdoor

Bike Community Trail

Social ride on the bike tracks with flowing gentle drops and hills. Easy mountain-bike vibes for relaxed laps.

Bike Pump Track Beginner

Rollers and berms to learn balance, braking and build confidence.

Bike Pump Track Intermediate

Faster lines and linked turns to build speed, timing and confidence.

Multi-Use-Courts (Basketball, Netball, Tennis)

For games and casual matches. See Open Sessions for bookable time slots.

Athletics Track & Field

Lanes and field areas for intervals, drills and technique work.

See Open Sessions for bookable time slots.

Football

All-weather play on 3G pitches. Check online to book five-a-side, seven-a-side or full 11-a-side games.

MON

TUE

WED

THUR

FRI

SAT

SUN

Coached Sessions

Morning

7:00-8:00
Strength & Conditioning

9:30-10:30
Strength & Conditioning

10:30-11:30
Legends Strength & Conditioning

10:00-11:00
Tribe Intro to Climbing

10:30-11:30
Legends Strength & Conditioning

11:00-13:00
Tribe Learn to Climb

Afternoon

12:00-13:00
Legends Strength & Conditioning

12:00-13:00
Core & Restore

13:00-15:00
Games Club

15:30-16:30
Legends Strength & Conditioning

12:00-13:00
Tai Chi

12:00-13:00
Legends Strength & Conditioning

15:00-17:00
Tribe Learn to Climb

15:00-17:00
Tribe Intro to Climb

Evening

17:00-18:30
Strength & Conditioning

18:30-19:30
Strong

17:30-18:30
Strength & Conditioning

18:30-19:30
Vinyasa Yoga

19:00-21:00
Tribe Climb Community

17:30-18:30
Strength & Conditioning

18:00-19:00
Tribe Intro to Climbing

19:30-20:30
Calisthenics

17:30-18:30
Strength & Conditioning

19:30-20:30
Dance Fit

17:30-18:30
Friday Night Circuits

18:00-19:00
Tribe Intro to Climbing

19:00-21:00
Tribe Learn to Climb

Open Sessions

6:45-21:00
Strength & Conditioning
Indoor & Outdoor Gym

7:00-17:00
Athletics Track

7:00-16:00
Multi-Use Courts

9:00-21:00
Climbing Centre

6:45-21:00
Strength & Conditioning
Indoor & Outdoor Gym

7:00-17:00
Athletics Track

7:00-16:00
Multi-Use Courts

09:00-16:00
Bouldering Only

16:00-21:00
Climbing Centre

6:45-21:00
Strength & Conditioning
Indoor & Outdoor Gym

7:00-17:00
Athletics Track

7:00-16:00
Multi-Use Courts

9:00-21:00
Climbing Centre

6:45-21:00
Strength & Conditioning
Indoor & Outdoor Gym

7:00-17:00
Athletics Track

7:00-16:00
Multi-Use Courts

9:00-21:00
Climbing Centre

6:45-21:00
Strength & Conditioning
Indoor & Outdoor Gym

7:00-17:00
Athletics Track

7:00-16:00
Multi-Use Courts

9:00-21:00
Climbing Centre

9:00-16:00
Strength & Conditioning
Indoor & Outdoor Gym

9:00-17:00
Athletics Track

9:00-16:00
Multi-Use Courts

9:00-18:00
Climbing Centre

13.30-16:00
Bike Tracks

9:00-16:00
Strength & Conditioning
Indoor & Outdoor Gym

9:00-17:00
Athletics Track

9:00-16:00
Multi-Use Courts

10:00-17:00
Climbing Centre

13.00-16:00
Bike Tracks