

## 07 Ride The Virtual Tour

The Sufferfest, Tuesday at 17:45 with Gemma

If you watched Chris Froome riding up Mont Ventoux during Le Tour last summer and wondered just how hard that could be, then this one's for you. Together with your spin studio peloton, you follow pre-set programmes that precisely mimic the climbs and sprints of 17 of the world's biggest races, while watching real-time footage that mirrors your efforts. Unsurprisingly, it's 'really hard.' Allez! *David Lloyd Leisure, Southampton davidlloyd.co.uk*

## 09 Let The Force Be With You

Frame yoga, Sunday at 17:00 with Marcus

Yoga this is, but not as you know it. Marcus 'Darth' Veda's dynamic flowing vinyasa will leave you dripping sweat. His focus on breath feels odd at first but by the time his bespoke drum'n'bass mix eases off you'll wonder why you ever breathed differently. *London moveyourframe.com*

## 10 Downward Dog With Real Bite

Broga, Tuesday at 19:45 with Ashley

Yoga. For bros. The concept might sound facile, but this low-key community centre class is yoga at its stripped-back finest. Less about spiritual awakening, more about awakening core strength and mobility. *Bristol City Yoga, Stokes Croft bristolcityyoga.co.uk*



Changing up your workout every 14 days makes you more likely to keep it up, says the University of Florida

## 11 Join the Cirque du Swolé

Circus Fitness, Thursday at 18:00 with Seamus

There's no clowning around as you build the strength and flexibility needed for circus skills – executing a human flag on a dangling strand of silk requires a granite-hard core. You'll earn it the hard way, doing rope climbs and pull-ups on trapeze bars. *Aerial Edge, Glasgow aerialeedge.co.uk*

## 12 Put In Full-on Team Effort

HiPer Zone: Endurance, Wednesday at 19:30 with Adam

Think Cristiano Ronaldo goes to Bodypump? Of course not. This high-performance class apes pro training, using HR monitors to keep you and your 'teammates' within strength- and stamina-boosting zones. It's coached interval training, CR7-style. *Transition Zone, London transitionzone.co.uk*

## 13 Be The Best, Bar None

Block Workout, Tuesday at 19:00 with Terroll

When Terroll Lewis left prison, the only place he could afford to work out was a climbing frame in the park. Thus began a calisthenics obsession that saw him build his own street gym. And many six-packs. *Brixton Street Gym, London blockworkout.co.uk*

## 08 Knock Yourself Out

Fight Klub, Friday at 18:15 with Alex

The gloves might be on, but there's nothing clean about this bout. As the high-energy nightclub atmosphere pulses to dirty EDM beats, you'll be taken through Fight Klub's high-intensity mash-up of boxing, kickboxing and bodyweight exercises. Last the distance to land a body shot to your gut. *Everyone Active, Middlesbrough fightklub.co.uk*

