

class formats

JAZZERCISE RUISLIP & PINNER

CARDIO SCULPT

Our signature format. A full-body, high-energy, dance-based cardio workout designed to get your heart pumping, followed by targeted strength training.

CARDIO SCULPT HIIT

Challenge your fitness with this energising HIIT-style workout. Alternating between high and low-intensity dance-cardio routines to boost your cardiovascular fitness and stamina followed by targeted strength training..

POWER SCULPT

Improve cardiovascular fitness, build strength and boost endurance in this workout blending dance-cardio routines with targeted strength training throughout..

POWER SCULPT HIIT

Boost your metabolism and improve your stamina with this energising HIIT-style workout with a unique blend of high-impact and high intensity cardio and targeted strength training.

VITAL SCULPT HIIT

This invigorating HIIT-style class promotes strength, vitality, and long-term hormone health with a science-backed blend of targeted strength training, high-intensity cardio and functional movement to help you build strength, improve fitness and move better in everyday life.

SCULPT

A focused strength training workout designed to build strength, improve muscle tone and increase functional fitness.