

BODYISM

LONDON CLASSES

Wellness is a mindset which requires constant attention and intention. Bodyism classes use revolutionary exercise techniques, which are results driven, to help you create a long, lean, beautiful and balanced body. Each class lasts 60 minutes and begins with a shot of our Berry Burn supplement, packed with energy-releasing antioxidants.

BODYISM BLUEPRINT

A dynamic fusion of interval training, yoga, meditation and stretching. The hour-long Bodyism Blueprint class has been carefully designed and refined by James Duigan to lengthen, strengthen and tone your whole body, while invigorating your mind, body and spirit.

B FREE YOGA

The intention of B Free is to bring freedom of movement into the body and mind. This class is the true essence of the Bodyism ethos; listen to your body and respond intelligently. Access your individuality, find clarity and test the power of your body. Leave feeling refreshed, energised and truly alive.

B CALM YOGA

The intention of B Calm is to bring the natural rhythm of your body and mind back to balance. The practice will ground you from hectic city life and the asanas focus will help you to unwind and calm down. The class will slow the nervous system back down from 'fight or flight' mode to a centered, more mindful way of being.

B STRONG YOGA

The intention of B Strong is to build strength into the body and mind. This class uses a dynamic flow to help create a long, lean physique and a strong supple mind. It also helps to deepen the awareness to the breath. The energising practice will allow you to find stability and power whilst becoming more mindful in the movement and understanding of the body.

BODYISM PILATES

Bodyism Pilates is designed so you can take your practice forward into everyday life. It helps strengthen your core and support your posture while lengthening and toning your muscles to help you resist or recover from injury. It makes all your movement more efficient so it's the perfect compliment to other forms of exercise or just for making long hours at your desk more comfortable.

BODYISM BOXING

Our boxing classes are renowned. We've fused mindful movement with the authenticity of old-school boxing training for the ultimate cardio workout. A Bodyism Boxing session will make you feel like a fighter both mentally and physically.

BODYISM BALLET

Bodyism Ballet focuses on attaining graceful posture, maximising core strength and improving flexibility – all while appreciating some of the world's finest classical music. Bodyism Ballet is instrumental in helping you attain a long, lean and beautiful body. The one-hour class includes conditioning movements at the barre, fundamental ballet techniques, an allegro cardio session and is always rounded off with a well-deserved stretch and meditation.

BODYISM MEDITATION

We believe meditation is the antidote to the stresses of modern life – it's medicine for your soul. In this class, all you have to do is turn up and leave the rest to us as we carefully guide you through meditation techniques that'll leave you feeling relaxed, revived and recharged.