



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Time: 06:30 - 07:30 PULSE Outdoor HIIT Stadium	Time: 06:30 - 07:30 FORCE FACTORY Outdoor HIIT Stadium	Time: 06:30 - 07:30 THE RUNNING CLUB Athletics Track & Field	Time: 06:30 - 07:30 PULSE Outdoor HIIT Stadium	Time: 06:30 - 07:30 FORCE FACTORY Outdoor HIIT Stadium	Time: 08:00 - 09:00 BREAK POINT Outdoor HIIT Stadium
Time: 09:30 - 10:30 Time: 10:30 - 11:30 PENA LAZ Outdoor HIIT Stadium	Time: 6:30 - 7:30 STRETCHING & MOBILITY National Combat Centre	Time: 06:00 - 07:00 POWER YOGA Studio	Time: 18:00 - 19:00 BOXFIT* National Combat Centre	Time: 11:00 - 12:15 DETERMINATION Outdoor HIIT Stadium	Time: 08:00 - 09:00 HATHA YOGA Studio
Time: 17:00 - 18:00 PULSE Outdoor HIIT Stadium	Time: 18:00 - 19:00 BOXFIT* National Combat Centre	Time: 08:00 - 09:00 BREAK POINT Outdoor HIIT Stadium	Time: 18:00 - 19:00 SPINNING Spinning room	Time: 17:00 - 18:00 FORCE FACTORY Outdoor HIIT Stadium	Time: 09:00 - 09:45 KUNDALINI YOGA Studio
Time: 18:15 - 19:15 SPINNING Spinning room	Time: 18:00 - 19:00 FORCE FACTORY Outdoor HIIT Stadium	Time: 09:30 - 10:30 Time: 10:30 - 11:30 PENA LAZ Outdoor HIIT Stadium Strength	Time: 18:00 - 19:30 WEIGHTLIFTING Outdoor HIIT Stadium		Time: 09:30 - 10:30 RAISE THEM READY* Outdoor HIIT Stadium
Time: 18:00 - 19:00 Time: 19:00 - 20:00 PULSE Outdoor HIIT Stadium	Time: 18:15 - 19:15 SPINNING Spinning room	Time: 16:00 - 17:00 RAISE THEM READY* Outdoor HIIT Stadium	Time: 19:15 - 20:15 SPINNING Studio		Time: 10:30 - 11:30 SPINNING Studio
	Time: 19:00 - 20:00 FORCE FACTORY Outdoor HIIT Stadium	Time: 17:00 - 18:00 BREAK POINT Outdoor HIIT Stadium			
		Time: 18:15 - 19:15 SPINNING Spinning room			
		Time: 18:00 - 19:00 Time: 19:00 - 20:00 BREAK POINT Outdoor HIIT Stadium			

*Fee applies per person

12 January 2026 - 14 February 2026

MOVE FOR PERFORMANCE



FREE HPC MOBILE APP
 IOS | ANDROID

- Cardio 
- Hybrid - Mix of cardio and strength 
- Recovery and stretching 
- Strength 
- Lifting 
- Stretching & mobility 

THE HPC GYM

The state-of-the-art HPC gym of Côte d'Or offers the best value for money sports membership on the island. Boasting the latest TechnoGym equipment, a sophisticated workout space and dynamic high intensity interval training classes, HPC Mauritius is the best training partner you could have. All elements of sport, health and wellness are catered for while creating a truly personalized fitness experience. From beginner to sport enthusiast, we are here to assist you to reach your full potential.

Benefits of HIIT

(High Intensity Interval Training)

- Maximize fitness outcomes in limited time
- Internationally regarded as a great training method
- Burn more calories in less time
- Increased metabolic rate for several hours post-exercise
- Assists in weight-loss, muscle toning, strength and endurance development
- Develops cardiac and respiratory resilience
- Can assist in combatting and reducing risk of heart disease, diabetes and obesity

HPC TEAM MAURITIUS

The High Performance Centre Mauritius is primed to develop elite athletes and high performance sport. Harnessing the latest in research and innovation, HPC Mauritius is committed to enhancing all areas of sport science, sport medicine, rehabilitation and elite level coaching. HPC Mauritius gives sport federations, coaches and athletes the competitive edge through scientific assessment, training, rehabilitation and monitoring.

WEIGHTLIFTING

Learn to lift with purpose and precision. This coached weightlifting class develops safe, efficient technique from deadlifts and squats to cleans and snatches, building strength, power, and confidence through expert instruction in a high-performance environment.

Our expert S&C will be assisted by **Ketty Lent: our International Champion!**

FORCE FACTORY

It is where raw power is built. A strength-focused session designed to develop foundational lifts, muscular endurance, and total-body resilience. Using barbells, rigs, kettlebells, and tempo work, participants build better mechanics, increased stability, and long-term strength progression.

Goal: mechanical mastery + progressive overload

THE RUNNING CLUB

Running late on your pace - The Running club is for you. Ditch the "junk miles" and run with purpose. Our Running Club sessions are precision-engineered to improve your aerobic capacity, biomechanical efficiency, and recovery rates.

Sessions will be periodised, and clients will have to book to participate in a 2 month training where no new comers will be able to join.

BREAK POINT

It is the most complete session of the week. It blends strength and conditioning in a structured hybrid format. Expect kettlebells, dumbbells, rigs, cardio machines, and functional stations. The goal is simple: full-body athleticism — and a good sweat.

At the HPC our programming is built on four fundamental training principles: progression, overload, specificity, and individualization. Our system balances variety and structure, giving our members the freedom to train in different ways, while maintaining consistency in effort and outcomes.

With an ever-evolving program that delivers a fresh training experience every week, our members stay challenged and inspired. It's a results-driven approach powered by dynamic, enjoyable workouts.

We've taken all the best parts of personal training and packaged them with our group fitness program to generate better and more sustainable results - all this whilst still keeping things affordable.

PENA LAZ

This strength class is specifically designed for senior individuals who are looking to improve their physical abilities and maintain their independence. The class focuses on building strength, endurance, posture correction and flexibility through a variety of exercises that are safe and effective for older adults. The workouts are low-impact and tailored to accommodate any physical limitations or mobility issues. Participants will use light weights and resistance bands to target specific muscle groups, improve balance and stability, and increase overall functional fitness.

BOXFIT

BoxFit is the fusion of fundamental boxing drills and techniques coupled with strength and conditioning exercises. Learn to punch, knock, and jab while practising cross training boxing workouts. This session is a combination of weight and free weight exercises which can easily help you burn a 500k/ cal in one hour!

Raise Them Ready

Raise Them Ready is an engaging physical literacy class that develops fundamental movement elements such as motion, force, motor control, and energy systems. This class will develop the basic physical skills of your kid to excel in any sport to develop and enhance their agility, balance, coordination, speed, power, strength, and conditioning.

SPIN

Here we go!! Spinning activates and recruits all the muscles in your legs and core. This low-impact cardiovascular workout burns calories, improves blood flow, increases stamina, boosts your mood and can help fight chronic disease issues such as high blood pressure, heart disease, stroke, and diabetes. Motivated by our music, its time to spin spin spin.

PULSE

Pulse is a conditioning playground built for speed, capacity, and athletic flow. It is a fast-paced cardio session mixing intervals, running mechanics, agility patterns, machines (row, ski, bike), and bodyweight conditioning. Designed to build your engine and push your limits — safely.

Goal: Vo2Max builder

STRETCHING & MOBILITY CLASS

Loosen up, move better, feel great! This one-hour session blends dynamic mobility drills, foam rolling, band work, and guided stretching to boost your flexibility, speed up recovery, and keep injuries at bay. Whether you're an elite athlete or just getting started — all levels welcome. Your body will thank you. Join us for a fun, energising session that leaves you moving freely and feeling refreshed. Step off the mat lighter, looser, and ready to take on whatever comes next!

YOGA

Vinyasa Yoga: A fluid and dynamic practice where the class is sequenced with smooth transitions in between postures. We link the breathing to the movement.

Yoga Morning Flow: Fluid yet gentle yoga sequences that wakes up body and mind, activates the gut and gets you ready for the day.

DETERMINATION

Determination Class is a place where individuals with special needs can train, grow, and truly feel at home. Every session is filled with encouragement, friendship, and support, creating a space where participants can shine at their own pace. Family and friends are always welcome, so each class becomes a joyful, shared experience. At Determination Class, everyone belongs, every effort is celebrated, and every moment is an opportunity to feel confident, capable, and valued.

A MEMBER OF

