

# CLASS TIMETABLE.

## LETS GET STARTED.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Dimensions HIIT</b> 6.45-7.30am (45mins)	<b>Spin</b> 6.45-7.30am (45mins)	<b>Core-Running</b> 6.45-7.30am (45mins)	<b>Spin</b> 6.45-7.30am (45mins)	<b>Tabata HIIT</b> 6.45-7.25am (40mins)
-	-	<b>Rig HIIT</b> 12.30-1.00pm (30mins)	-	<b>Sprint</b> 12.30-1.00pm (30mins)
<b>Boxercise</b> 4.15-4.55pm (40mins)	<b>Combat Conditioning</b> 4.15-4.55pm (40mins)	-	<b>Boxercise</b> 4.15-4.55pm (40mins)	<b>Group X</b> 2.30-3.15pm (45mins)
<b>Spin</b> 5.00-6.00pm (60mins)	<b>Yoga</b> 5.00-6.00pm (60mins)	<b>Spin</b> 4.45-5.45pm (60mins)	<b>Hatha Yoga</b> 5.00-6.00pm (60mins)	-

### RIG HIIT

Intense total body workout combining functional training stations with cardio "HIIT" intervals, using our brand-new Rig, to improve strength and fitness.

### TABATA HIIT

Intensive bursts of cardiovascular, upper strength, lower strength, arms, core & bonus stage. 20 seconds worth of MAX effort / 10 seconds worth of rest in 8 cycles per section.

### DIMENSIONS HIIT

3 different versions of HIIT training - CARDIO, TOTAL & STRENGTH. 40 seconds of MAX effort / 20 seconds rest - 6 cycles per section. All versions are designed to push the body to achieve in every aspect.

### CORE-RUNNING

This class combines a mix of 5-minute running on the treadmill & 5 min mix of core/abdominal work. This will be one circuit. The class last for 3 complete circuits through.

### SPRINT

A High Intensity 30 min cardiovascular, calorie burner on the spin bikes.

### BOXERCISE

Based on the principles of boxing training, but not competitive or sparring. Classes suitable for all levels and can take a variety of formats including circuits, shadowboxing, heavy bag work, pad work and conditioning (skipping, press ups etc.).

### COMBAT CONDITIONING

This Group Sparring class is high intensity involving the principles of Boxercise. It's a rhythmic, calorie burning and challenging class designed to keep you moving whilst conditioning your cardiovascular system. Suitable for all levels and no prior Boxercise knowledge is needed to participate in this fun class.

### SPIN

High Intensity, motivating, cardiovascular, calorie burner, involving the use of exercise bikes in a group environment.

### HATHA YOGA

An ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. The main components of Hatha are asana (postures), each designed to increase strength, flexibility, or to relieve stress, and breathing to help clear the mind and feel more grounded.

### YOGA

Combines physical exercises, mental meditation, and breathing techniques to strengthen the muscles and relieve stress. Stringing postures together so that you move from one to another, seamlessly, using breath.

### GROUP X

This is our new Small group PT drop in service. Come and get a taste of what small group training can offer. 10 mins to discuss goals / 30 min blast / 5 min cool down. Classes will vary per week and will be dependent on the client's goals.