

# 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>Box-Fitness</b> 4.15-4.55pm (40mins)	<b>Functional Fitness</b> 4.15-4.55pm (40mins)	-	<b>Core Conditioning</b> 4.15-4.45pm (30mins)	<b>Pilates Beginner</b> 2.15-3.00pm (45mins)
<b>Spin</b> 5.05-6.00pm (55mins)	<b>Yoga</b> 5.00-6.00pm (60mins)	<b>Spin</b> 5.05-18.00pm (55mins)	<b>Circuits</b> 5.00-6.00pm (60mins)	-

### SPIN

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

### SPRINT

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

### TABATA HIIT

Intensive bursts of Cardiovascular, Upper Strength, Lower strength, Arms, Core & Bonus stage. 20 sec work of MAX effort / 10 sec worth of rest x 8 cycles per section.

### CIRCUITS

Is a high intensity, fast-paced workout that can help tone your body and shed fat. Circuit classes are high energy and fast-paced and involve moving your way around different exercise stations performing each exercise as many times as you can in a set amount of time.

### DIMENSIONS HIIT

3 different versions of HIIT training – CARDIO – TOTAL – STRENGTH. All designed to push the body to achieve in every aspect.

### RIG HIIT

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

### BOX-FITNESS

Is a cardiovascular conditioning class. It is based on the training used for boxing so it includes skipping, boxing drills including footwork and abdominal workouts – all focusing on fitness and toning.

### FUNCTIONAL FITNESS

While using various muscles in the upper and lower body at the same time, functional fitness exercises also emphasize core stability.

### CORE CONDITIONING

Crunch, flex and twist your way to a stronger core in this floor-based class. Using the latest techniques, you’ll work your entire core.

### 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.

### 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.

### PILATES BEGINNER

Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance.