

CLASS TIMETABLE.

LETS GET STARTED.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dimensions HIIT 06.45 (30mins)	Spin 06.45 (45mins)	R3dZone HIIT 06.45 (30mins)	Spin 06.45 (45mins)	4x4 HIIT 06.45 (30mins)
-	-	-	-	Sprint 12.30 (30mins)
Box-Fit 16.00 (30mins)	HIIT 16.00 (30mins)	LBT Circuits 16.00 (30mins)	Core Blast 16.00 (30mins)	HIIT 14.35 (25mins)
Spin 16.45 (45mins)	Bootcamp 16.45 (60mins)	Spin 16.45 (45mins)	Circuits 16.45 (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.

R3DZONE HIIT

The class has 3 different versions – CARDIO / STRENGTH / CORE. 4 exercises – 4 rounds each exercise - 30 sec work / 30 sec rest – 1 min recovery between exercises. This HIIT style class is performed in a 1.5m x 1.5m box. Giving your maximum effort to every round!

CIRCUITS

Circuit classes are high energy, fast-paced and involve moving your way around different exercise stations performing each exercise as many times as you can in a set time.

DIMENSIONS HIIT

Designed to hit every dimension of your training! 4 exercises – 6 rounds each exercise - 40 sec work / 20 sec rest – 1 min recovery between exercises.

4X4 HIIT

A tough HIIT session – 4 exercises / 4 rounds with each exercise lasting for 1 whole minute.

BOX-FIT

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.

LBT CIRCUITS

A circuits / conditioning class designed to target common problem areas (legs, bums and tums), LBT classes will help you to build muscle and tone up in the lower body.

CORE BLAST

A short class aiming to stretch the body while working your abs and strengthening your core. This in turn can help with injury management / prevention.

HIIT

Combines physical exercises, mental meditation, and breathing High Intensity Interval Training – short, sharp bursts which will target various areas of the body.

BOOTCAMP

Military style bootcamp class will push your body to achieve its goals! With cardiovascular & strength exercises combined to give you a full body workout.