

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-Cardio 16.00 (30mins)	Box-Fit 16.00 (30mins)	LBT Circuits 16.00 (30mins)	Box-HIIT 16.00 (30mins)	HIIT 14.35 (25mins)
Box-Strength 16.45 (30mins)	Bootcamp 16.45 (45mins)	Spin 16.45 (45mins)	Circuits-Strength 16.45 (30mins)	-

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-STRENGTH

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. The exercises will be aimed for strength and conditioning.

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 conditioning class. It is based on the training used for boxing, including a mix of various cardiovascular and strength drills and abdominal workouts – all focusing on fitness and toning.

BOX-CARDIO

A cardiovascular class using functional movements and boxing drills – specifically cardiovascular exercises. Aiming to get the heart rate up and work the body hard.

BOX-STRENGTH

A strength class using functional movements, body weight exercises, plyometrics and various weights to base exercises around boxing drills. .

BOX-HIIT

High Intensity Interval Training – short, sharp bursts which will target various areas of the body while incorporating boxing style exercises into the movements.

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.

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.