

# CLASS TIMETABLE.

LETS GET STARTED.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Launch</b> 06.45 (30mins)</p>	<p><b>Spin</b> 06.45 (45mins)</p>	<p><b>WOD</b> Workout Of the Day WOD 06.45 (30mins)</p>	<p><b>Spin</b> 06.45 (45mins)</p>	<p><b>HOD</b> Hit Of the Day HOD 06.45 (30mins)</p>
	<p><b>Mobility and Stretch</b> 12.30 (15mins)</p>	<p><b>Rehab</b> 12.30 (30mins)</p>	<p><b>Mobility and Stretch</b> 12.30 (15mins)</p>	<p><b>Sprint</b> 12.30 (30mins)</p>
<p><b>Circuits Strength</b> 16.00 (30mins)</p>	<p><b>RBT</b> Rest Based Training RBT 16.00 (30mins)</p>	<p><b>LBT</b> LBT Circuits 16.00 (30mins)</p>	<p><b>Circuits Strength</b> 16.00 (30mins)</p>	<p><b>Stretch 20</b> 13.10 (20mins)</p>
<p><b>Core 3x3</b> 16.40 (30mins)</p>	<p><b>Kettlebells</b> 16.40 (45mins)</p>	<p><b>Pilates</b> 16.40 (40mins)</p>	<p><b>Dimensions HIIT</b> 16.40 (30mins)</p>	
	<p><b>Pilates</b> 17.20 (40mins)</p>		<p><b>Kettlebells</b> 17.20 (30mins)</p>	

# CLASS DESCRIPTIONS.

## 4X4 HIIT

A tough HIIT session – 4 exercises / 4 rounds with each exercise lasting for 1 whole minute. This quick pace metaboliser will keep your week going strong!

## 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.

## CORE-3X3

This is a core-circuit style class where a combo of 3 sets of 3 core-based exercises that are repeated 3 times. Core exercises train the muscles in your pelvis, lower back, hips, and abdomen to work in harmony. This leads to better balance and stability.

## HIIT

High intensity interval training sessions are commonly called HIIT workouts. This type of training involves repeated bouts of high intensity effort followed by varied recovery times. This type of training can be accomplished using body weight, resistance bands, free weights, medicine balls or weight machines. Aiming to improve your fitness, burn calories, and achieve your goals.

## HOD

Hitt Of the Day is a super tough Friday session which is designed to push your body right to the limit so you are set you up and ready for a good weekend. These sessions could be a mix of 3 different tough HIIT's – 4x4, 5x5 or Tabata

## KETTLEBELLS

Kettlebell training includes dynamic moves that target endurance, strength, balance, and cardio endurance. Kettlebell workouts are popular because they're challenging, efficient, and you only need one piece of equipment. Exercises with kettlebells done correctly can strengthen your lower back if you're recovering from injury.

## LAUNCH

Launch your week the right way with our mixture of 3 different HIIT style classes. Varying from DIMENSIONS, R3DZONE & The PYRAMID. All 3 classes are guaranteed to get the heart pumping, tone the body, and get you set for the week ahead.

## 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. Working to a time base to get as many reps out as you can, you will feel 'the burn'.

## MOBILITY + STRETCH

This 15 min loosen up session is designed to remove those aches created by work and to get the blood flowing around the body.

## PILATES

Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. Similar to Yoga, Pilates concentrates on posture, balance and flexibility.

## REHAB - EXERCISE REFERRAL SPECIFIC CLASS

Specifically for exercise referrals, this class can be 10-30 mins and will be aimed to loosen up the areas of tension and trying to release tight muscles. Only for exercise referrals.

## RBT – REST BASED TRAINING

With a rest-based system, rather than conforming to a set time interval, you exercise as hard as you can until you reach the point where you have to stop. Then, you recover as long as you need to before starting the next active interval.

## SPIN

Maximise your efforts with this high Intensity, motivating, cardiovascular, calorie burner! Involving the use of exercise bikes in a group environment, work towards improving your fitness, burning calories throughout the class and even up to 48 hours after! This class is suited for all levels of fitness.

## SPRINT

A High Intensity 30 min cardiovascular, calorie burner on the spin bikes. This 'non-stop' session is guaranteed to get you all set for the weekend ahead.

## WOD

Workout Of the Day can be a mix of a few different HIIT sessions. From HIIT CIRCUITS, RISE, and CONTRAST. This session will be a high energy, high pace metaboliser which will hit every area of your body - keeping your body burning the calories for hours after!