















CLASS TIMETABLE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
06:45 – 07:15 30 MINS	 AREA – CARDIO MACHINES & FUNCTIONAL RIG	06:45 – 07:30 45 MINS	 AREA – SPIN / STUDIO AREA	06:45 – 07:15 30 MINS	 AREA – FUNCTIONAL RIG	06:45 – 07:30 45 MINS	 AREA – SPIN / STUDIO AREA	06:45 – 07:15 30 MINS	 AREA – FUNCTIONAL RIG
				12:30 – 13:00 30 MINS	Exercise Referral Class  AREA – SPIN / STUDIO AREA			12:15 – 12:45 30 MINS	 AREA – SPIN / STUDIO AREA
16:00 – 16:30 30 MINS	LOWER & BACK  AREA – FUNCTIONAL RIG	16:00 – 16:30 30 MINS	FULL BODY  AREA – FUNCTIONAL RIG	16:00 – 16:30 30 MINS	 AREA – FUNCTIONAL RIG	16:00 – 16:30 30 MINS	UPPER BODY  AREA – FUNCTIONAL RIG		
16:40 – 17:10 30 MINS	 AREA – SPIN / STUDIO AREA	16:40 – 17:10 30 MINS	 AREA – FUNCTIONAL RIG & GYM FLOOR			16:40 – 17:10 30 MINS	 AREA – FUNCTIONAL RIG		

CLASS TIMETABLE DESCRIPTIONS

- **SWEAT**

The best way to rid yourself of the 'good' food from the weekend and to start your week off the right way is to sweat it out. Varying from Core Running, Core Hills & Core HIIT. All 3 classes are guaranteed to get the heart pumping, tone the abdominals and get you set for the week ahead.

- **CIRCUITS-STRENGTH**

- **Lower / Back - Full body - Upper body**

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. Each day targeting a different are of the body.

- **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.

- **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.

- **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.

- **KETTLEBELLS / KETTLEBELL CIRCUITS**

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.

- **WOD**

Workout Of the Day can be a mix of a few different HIIT sessions. From HIIT CIRCUITS, RISE, CONTRAST, PULSE and the DESCENT. 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!

- **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.

- **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'.

- **IGNITE HIIT**

Ignite your body into a metabolising fat burning machine which is ready for the weekend! This is our tough Friday HIIT session designed to work the full body and ensure you continue burning calories for up 48 hours after. These sessions could be a mix of 4 different tough HIIT's – 4x4, 5x5, Tabata HIIT, Switch or The Pyramid.

- **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.