

GROUP FITNESS TIMETABLE

TIME	MON	TUE	WED	THU	FRI	SAT
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6.15am

 Group Ride

 Group Ride

9:00am

Revitalise with
Nancy

Revitalise with
Nancy

Revitalise with
Nancy

Revitalise
with Tanya

NEW CIRCL Mobility
30 MIN

9:30am

HIIT

Zumba Gold

HIIT

10:00am

Zumba

10:30am

Strong

Zumba

Zumba Step

4:30pm

Pilates

5:30pm

 Group Ride

Animal Moves
30 MIN

Bootcamp

5:45pm

NEW CIRCL Mobility
30 MIN

6:30pm

Zumba Step

BOXING TIMETABLE

TIME	MON	TUE	WED	THU	FRI	SAT
9:30am		Boxing for fitness			Boxing for fitness	Boxing for fitness
4:00Pm	Junior Boxing 5-12yrs		Junior Boxing 5-12yrs			
4:45Pm	Teen Boxing 13+		Teen Boxing 13+			
5.30Pm				Boxing for fitness		
6Pm	Boxing Technique class	Boxing for strength & fitness				

Boxing for fitness is a fun Cardio work out designed to increase general fitness

Junior Boxing & Teen Boxing classes are specifically designed to cater for those age groups ensuring enjoyment and growth.

Boxing Technique class is a class focusing on punching & footwork drills, shadow boxing and combinations. Incorporating mitt work and heavy bag work. Designed to get more from your boxing sessions.

Boxing for strength & Fitness is a class incorporating weight training, boxing drills and is designed to focus on strength and fitness to enable you to get more from your boxing sessions

CLASS DESCRIPTIONS

HIIT	High impact interval training - Interval based circuit, working hard for set periods of time then resting to recover, focuses on functional movement
Bootcamp	Free style class working with intervals, circuits, challenges focusing on getting fitter and stronger
SPIN	Free style indoor cycling workout varying intensity though out with a mixture of sprints and hills to get the heart pumping 30min or 60 min classes.
Zumba	Dance based fitness class gets the heart rate up and calories burning
Zumba Gold	Low impact dance based fitness class
Zumba step	Dance based fitness class incorporating a step for a little more leg action
Strong	High intensity interval class synced to music focusing on strength
Boxing fitness	Cardio and strength work out incorporating boxing mitt work, heavy bag work and shadowboxing. Using Basic combinations and footwork.
Animal Moves	30 min body weight class using animal movements to increase strength.
Pilates	A low impact class focusing on strength and posture.
Revitalise	A class designed for the young at heart. Focusing on low impact functional movement
Core Strength	A class designed to focus on building core strength and stability
CIRCL Mobility	A class designed to get you moving. Reduces stiffness enhance recovery and improves balance STARTS 13TH APRIL