

# GROUP FITNESS TIMETABLE

**TIME                      MON                      TUE                      WED                      THU                      FRI                      SAT**

**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

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