

MORNING CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.30 AM		INSTRUCTORS CHOICE	CIRCUIT	SPIN & CIRCUIT			
9:00 AM						SPIN & TONE	X-FIT
9.30 AM	TONE ZONE	TONE/FLEXIBILITY & CYCLING	TONE ZONE	CIRCUIT	TRX AND CYCLING		
10:00 AM						CIRCUIT	
10.30 AM	RETRO TONE	LEGS BUMS & TUMS			RETRO TONE		
11.15 AM		YOGA/PILATES					

EVENING CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.15 PM	X-FIT		X-FIT				
6.15 PM	SPIN & TONE	CIRCUIT	TRX & CARDIO	SPIN & TONE	X-FIT		
7.15 PM	CIRCUIT	TONE ZONE	BOXERCISE	TONE ZONE			
8.15 PM		INSTRUCTORS CHOICE	X-FIT	SPIN & CIRCUIT			

BOXERCISE - a high intensity class, getting it all out on the bag with weights and cardio just to finish you off

CIRCUIT - a high intensity class, moving between stations for short bursts, anything goes

SPIN & TONE - a high intensity class, giving it all on the bike and when you think you're done, we're on to the weights

TONE/FLEXIBILITY & CYCLING - a low intensity class, LIT (Light Intensity Training). Weight toning exercises with lots of stretching & flexibility, followed by a good old cycle to keep the heart healthy & happy

TRX AND CYCLING - an oldie but still one of the best and just a touch of cycling to keep you as fit as you deserve

RETRO TONE - a low intensity class for our golden generation, getting all those muscles moving

HIIT & TONE - a high intensity class, short on time get a blast of toning

TRX & CARDIO - high intensity, can't beat a good body weight TRX workout with cardio to make sure you get a great complete workout

X-Fit - High intensity - anything goes, we'll give you the numbers you get it done, you're not going home till the numbers are done HA HA

PILATES/YOGA - Low intensity, can't beat a good relaxing stretch making sure your body is in the shape it deserves

SPIN & CIRCUIT - a high intensity class, giving it 100% on the bike and then 100% on the floor

TONE ZONE - medium intensity class, who knows what we'll come up with to help you get a healthy toned body

LEGS BUMS & TUMS - a fun quick class that does exactly what it says!!