

MORNING CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.30 AM	INSTRUCTORS CHOICE	BOXERCISE	CIRCUIT	FLEXIBILITY AND MOBILITY	INSTRUCTORS CHOICE	
9:00 AM						SPIN & ABS
9.30 AM	SPIN & TONE	TONE ZONE	SPIN CIRCUIT	BOXERCISE	TRX & CARDIO	
10:00 AM						CIRCUIT

EVENING CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.15 PM	X-FIT	CIRCUIT	TONE ZONE	CIRCUIT		
7.15 PM	TONE ZONE	BOXERCISE	SPIN & ABS	SPIN CIRCUIT		
8.00 PM						
8.15 PM		SPIN CIRCUIT				

SPIN - A challenging and fun cardiovascular workout, suitable for all fitness levels. Great for weight loss, aerobic fitness.

SPIN & ABS - A challenging and fun cardio workout for weight loss and aerobic fitness, finished off with a great AB workout.

TRX & CARDIO - A 45 minute class combining TRX suspension exercises with intense cardio guaranteed to get your heart pumping.

CIRCUIT - A fast paced 45 minute class where you perform one exercise for 30 seconds to 5 minutes and then move on to the next.

H.I.I.T. - High intensity interval training

TONE ZONE - This 45 minute class will sculpt, tone and strengthen your entire body. Burn fat, gain strength and produce lean muscle by combination of light weights and high repetitions.

BOXERCISE - A fast paced cardio based class, boxing drills, cardio, and body weight exercises, finished off with Abs and a good stretch.

FLEXIBILITY AND MOBILITY - we could all do with a bit of extra flexibility after all those tough sessions

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