











CLASS TIMETABLE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SUNRISE 		SPIN 6.30AM (45 MINS)	BOXERCISE 6.30AM (45 MINS)	SPIN 6.30AM (45 MINS)	SPIN & CIRCUITS 6.30AM (45 MINS)	SPIN 6.30AM (45 MINS)	GYM CIRCUITS 7.30AM (45 MINS)
MORNING 		SPIN EXPRESS 9.30AM (30 MINS)	HIT CIRCUITS 9.45AM (45 MINS)	SPIN 9.30AM (45 MINS)		SPIN 9.30AM (45 MINS)	
MID MORNING 	SPIN 10.00AM (45 MINS)	CORE 10.15AM (30 MINS)			YOGA (HEATED) VINYASA FLOW ** 10.00AM (60 MINS)		YOGA (HEATED) VINYASA FLOW ** 10.00AM (60 MINS)
							POWER YOGA* 11.30AM (60 MINS)
SUNSET 		SPIN 18.15PM (45 MINS)	HIT CIRCUITS 18.15PM (45 MINS)	SPIN 18.15PM (45 MINS)	WHITEBOARD WORKOUT 18.15PM (30 MINS)	BOXERCISE 17.30PM (30 MINS)	
		YOGA (HEATED) VINYASA FLOW ** 19.15PM (60 MINS)	PUMP 19.15PM (45 MINS)	YOGA (HEATED) VINYASA FLOW ** 19.15PM (60 MINS)	POWER YOGA* 19.15PM (60 MINS)		

KEY

-  **SPIN**
CYCLING CLASS INCORPORATING ON/OFF ROAD AND INDOOR TECHNIQUES TO UPBEAT MUSIC
-  **PUMP**
STRENGTH ENDURANCE CLASS INCORPORATING THE USE OF BARBELLS
-  **BOXERCISE**
A CIRCUIT BASED CLASS FOCUSED ON THE TRAINING CONCEPTS OF BOXING
-  **CIRCUITS**
MULTIPLE EXERCISE STATIONS TO GIVE YOU A FULL BODY CALORIE BUSTING WORKOUT
-  **YOGA**
A SERIES OF POSES THROUGH THE POWER OF BREATH FOR STRENGTH AND FLEXIBILITY
-  **CORE**
FUNCTIONAL TRAINING TO TIGHTEN & TONE THE MID SECTION & GLUTES