

Weekly Group Fitness Schedule

Current from the 26/05/2014

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.30AM		FUNctional			BODYPUMP COMBO BODYSTEP		
6.30AM							
7.00AM							
5.30PM	 BOXERCISE		 BOXERCISE	 BODYPUMP EXPRESS (45 MIN)			
6.15PM				 High Intensity BOXING FITNESS			
6.30PM	 BODYPUMP		 BODYPUMP				
7.30PM	 High Intensity BOXING FITNESS		 BODYSTEP BEGINNINGS				

 BODYPUMP™ barbell class will sculpt tone and strengthen your entire body, fast using the proven BODYPUMP™ formula: THE REP EFFECT™ you'll burn fat, gain strength and quickly produce lean body muscle conditioning.	 BODYSTEP™ is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements, the circuit styled functional training of the BODYSTEP™ Athletic variation is ideal.	 BOXERCISE is partnered Pad Work combined with DYNAMIC fitness challenges. Using Boxing Pads, a series of combinations, movements and dynamic fitness challenges deliver a fun, partner based boxing for fitness session.	 HIITBOX is High Intensity, DYNAMIC Boxing fitness. Using a series of Boxing punches and bag work, combined with dynamic interval progressions, you will get you FIT, FAST.
 Combo is an energising experience that combines the best of both formats	BODYSTEP BEGINNINGS is for those who are just starting out.	 FUNctional Accelerate your strength and fitness with this high intensity interval training class based around functional movements. You'll use a variety of equipment to tone, shape and crank your metabolism to develop real strength.	 TARGETS NEW 30 minute education session. Learn the best ways to achieve your goals and target YOUR areas of most concern. You will be guided through a range of exercises and use of machines, free weights to help you achieve your best..