

CLASS TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30 - 7.00am ● Circuits	6.30 - 7.00am ● Abs and Arms		6.30 - 7.00am ● Spin Mix	6.30 - 7.00am ● Kettlebells and Barbells		
9.15 - 10.00am ● Spin	8.45 - 9.45am ● Yoga with Amanda	9.15 - 9.45am ● Spin Mix	9.15 - 9.45am ● Mats and Plates	9.15 - 9.45am ● Circuits	9.00 - 9.45am ● Spin and Bells	
10.15 - 10.45am ● Abs and Stretch	10.00 - 10.30 ● Kettlebells and Barbells	10.00 - 11.00am ● Pilates with Morag	10.00 - 11.00am ● Pilates with Morag			10.00 - 11.00am ● Yoga/ Kinstretch alternate weeks, with Kirstin
1.00 - 1.30pm ● Spin Mix		1.00 - 1.30pm ● Spin				
5.30 - 6.00pm ● Mats and Plates	5.30 - 6.00pm ● Abs and Arms	5.30 - 6.00pm ● Kettlebells and Barbell	5.30 - 6.00pm ● Circuits	5.30 - 6.00pm ● Legs and Abs		
6.15 - 6.45pm ● Spin and Abs	6.15 - 7.00pm ● Lean Legs	6.15 - 7.00pm ● Spin	6.15 - 6.45pm ● Stretch and Flex	6.15 - 6.45pm ● Spin Mix		
	7.15 - 8.15pm ● Yoga with Kirstin					

● **Cardiovascular endurance, high intensity**
 ● **Strength based, moderate intensity**
 ● **Low-Medium intensity with strengthening**
 ● **Low intensity mobility and flexibility**

Book your classes by scanning the QR code. Log in with your email address and password date which you will get from the staff at reception! Once logged in change your password to something familiar to you.

CLASS DESCRIPTIONS

- **3d Fit**
4 sections working on power, strength, endurance, core
- **Abs and Arms**
Focusing on upper and mid strengthening and toning.
- **Circuits**
High intensity circuit using a variety of equipment.
- **Spin**
A group exercise session in which participants ride stationary bikes at varying speeds and resistance settings to motivating music.
- **Spin Mix**
Combination of cycling and full body resistance training in circuit
- **Kettlebells**
Working with kettlebells for fully body sculpting exercises.
- **Kettlebells and Barbells**
Using bells and bars as primary equipment with a variety of exercises for a whole body workout.
- **Kinstretch**
Specific concepts to improve your strength and control ranges of motion. Creating greater mobility while utilizing strength training concepts.
- **Lean Legs**
Building and toning lower body.
- **Mats and Plates**
Using mats and plates as primary equipment with a variety of exercises for whole body workout.
- **Pilates**
Improve your core, bands can be used.
- **Stretch and Flex**
Focus on improving your mobility and flexibility with basic to intermediate stretches for everyone.
- **Yoga**
Designed to stretch and strengthen with yoga-based exercises.

Scan me to
book a class!

