

# CLASS TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30 - 7.00am ● <b>Step Box</b>	6.30 - 7.00am ● <b>Circuits</b>		6.30 - 7.00am ● <b>Arms</b>	6.30 - 7.00am ● <b>Spin</b>		
9.15 - 10.00am ● <b>Spin</b>	8.45 - 9.45am ● <b>Yoga</b> with Amanda	9.15 - 9.45am ● <b>Bums and Tums</b>	9.15 - 9.45am ● <b>Spin Mix</b>	9.15 - 9.45am ● <b>Step Box</b>	9.00 - 9.45am ● <b>Circuits</b>	
10.15 - 10.45am ● <b>Mats and Plates</b>	10.00 - 10.30 ● <b>Circuits</b>		10.00 - 10.30am ● <b>Stretch and Flex</b>			10.00 - 11.00am ● <b>Yoga/ Kinstretch</b> alternate weeks, with Kirstin
1.00 - 1.30pm ● <b>Spin Mix</b>		1.00 - 1.30pm ● <b>Spin</b>				
5.30 - 6.00pm ● <b>Arms</b>	5.30 - 6.00pm ● <b>Kettlebells</b>	5.30 - 6.00pm ● <b>Step Box</b>	5.30 - 6.00pm ● <b>Circuits</b>	5.30 - 6.00pm ● <b>Legs and Abs</b>		
6.15 - 6.45pm ● <b>Spin and Abs</b>	6.15 - 7.00pm ● <b>Spin</b>	6.15 - 6.45pm ● <b>Cardio Blast</b>	6.15 - 6.45pm ● <b>Stretch and Flex</b>	6.15 - 6.45pm ● <b>Mats and Plates</b>		
	7.15 - 8.15pm ● <b>Yoga</b> 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

- **Abs and Arms**  
Focusing on upper and mid strengthening and toning.
- **Cardio Blast**  
A calorie burning, high intensity class. Testing your overall power, endurance and strength
- **Circuits**  
High intensity circuit using a variety of equipment.
- **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.
- **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
- **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!

