

CLASS TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30 - 7.00am ● Spin Box	6.30 - 7.00am ● Circuits		6.30 - 7.00am ● Arms and Cardio	6.30 - 7.00am ● Kettlebells		
9.15 - 10.00am ● Spin	8.45 - 9.45am ● Yoga with Amanda	9.15 - 9.45am ● Stretch and Flex	9.15 - 9.45am ● Spin and Abs	9.15 - 9.45am ● Step Box	9.00 - 9.45am ● Circuits	
10.15 - 10.45am ● Kettlebells	10.00 - 10.30 ● Circuits		10.00 - 10.30am ● Arms and Cardio			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 ● Arms and Cardio	5.30 - 6.00pm ● Kettlebells	5.30 - 6.00pm ● Step Box	5.30 - 6.00pm ● Circuits	5.30 - 6.00pm ● Legs and Abs		
6.15 - 6.45pm ● Bums and Tums	6.15 - 7.00pm ● Spin	6.15 - 6.45pm ● Spin Mix	6.15 - 6.45pm ● Stretch and Flex	6.15 - 6.45pm ● Cardio Blast		
	7.15 - 8.15pm ● Yoga with Kirstin					

CLASS DESCRIPTIONS

- **Arms and Cardio**
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.
- **Kinstretch**
Specific concepts to improve your strength and control ranges of motion. Creating greater mobility while utilizing strength training concepts.
- **Bums and Tums**
Building and toning lower body.
- **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
- **Step Box**
A combination of aerobic step exercises with cardio, full body, mock boxing moves.
- **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.

- **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.

Scan me to book a class!

