



STUDIO 2

GROUP FITNESS TIMETABLE

SPRING-SUMMER 2019



Monday	Tuesday	Wednesday	Thursday	Friday
Body Band 11:00 - 11:45 Intensity Rating ***	HIIT (Cardio) 10:30 - 11:00 Intensity Rating ****	Abs & Back 9:30 - 10:00 Intensity Rating ***	Box to Box 10:00 - 10:30 Intensity Rating ****	Bootcamp 10:00 - 11:00 Intensity Rating ****
Bootcamp 18:30 - 19:30 Intensity Rating ****	Body Balance 18:00 - 19:00 Intensity Rating ***		Bootcamp 18:30 - 19:30 Intensity Rating ****	



CLASS INFORMATION

HIIT

High Intensity Interval Training. Prepare to work hard in a class that ticks all boxes and achieves all goals. Warning 30mins is more than enough for this class.

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ABS & BACK

30 minute core workout hitting all elements of abdominals and lower back, perfect for those hard to reach areas.

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BOOTCAMP

A fun class designed to work your entire body using military cardio and resistance exercises, this class is outdoors so wear appropriate clothing.

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BOX TO BOX

A half hour HIIT class involving both boxing and plyometrics. It will test your cardiovascular, power, strength and endurance throughout the 30 minutes.

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BODY BAND

A class designed to work on all areas of the body through a variety of exercises using a unique resistance band.

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BODY BALANCE

Deriving ancient moves from forms of Tai-Chi, Pilates and yoga. Incorporating them into a balanced workout to uplifting music.

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