



Class Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6AM	COMBO TAY	CARDIO KEZ	SPIN KEZ	BOXFIT BEN	STRENGTH BEN	DYNAMIC STRETCHING @ 8:30AM ZM
9:30AM	COMBO TAY	PILATES ERIN	STRENGTH BEN		BOXFIT BEN	
6PM				DYNAMIC STRETCHING ZM		
7PM	COMBO JAC					

Ph 5625 5848

COMBO- A HIIT (high intensity interval) style circuit incorporating a range of equipment and exercises over varied time periods.

SPIN- High intensity cardio and anaerobic workouts on the bikes, varying the RPM and watts to ensure you get the most out of each session.

BOXFIT- You asked for it, you got it. A functional boxing style circuit incorporating different boxing methods as well as varied bodyweight movements. Designed to get you huffing and puffing!

DYNAMIC STRETCHING- Zen Master Gerard works on increasing your range of movement, stabilising joints and gentle muscle strengthening.

All classes go for 40 min Except Dynamic stretch- so ensure you're nice and early ready to kick off on time!

Members 5am-10pm Mon-Fri / 7am-7pm Sat-Sun

Non-members 6am-8pm Mon-Fri / 8-12 Sat