

## BODY BLITZ

Functional energetic circuit training. Medium to High intensity. Suitable for all levels to help mix up your training and keep it exciting to avoid the busy lifestyle slump. 60 minutes & 30 minute EXPRESS

## ABT

Abs, Butt & Thigh is an intense low impact toning class targeting your core, legs & glutes, to strengthen & improve core stability. 30 minutes.

## ROLLER STRETCH

A tension eliminating, mood enhancing, group fitness class that lengthens and manipulates your muscles through foam rolling and rehabilitation-inspired stretching. The recovery, flexibility and performance boosting exercises will increase blood circulation, generate flow, improve posture, reduce scar tissue, increase range of movement and relax your muscles. 30 minutes.

# CLASSES

## YIN YOGA

A Yoga class with long, slow restorative postures that assists with flexibility whilst encouraging mobility and mindful relaxation – time out from your day with deep breaths. For all levels. 60 minutes.

## HIIT 30

HIIT class/High Intensity Interval Training is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance. 30 minutes.

## BOXING

A dynamic boxing workout! Boxing circuit drills and technique in a class format. Fantastic cardio workout! 60 minutes.

## MEDITATION

A class best attended after a Yoga practice to encourage deeper sense of relaxation, rejuvenation and rest to help you find balance. 30 minutes.

# TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM		ABT				
6:15AM					HITT30	
8:00AM						BODY BLITZ
10:00AM		YIN YOGA				
11:00AM						YIN YOGA
11:30AM						MEDITATION
12:30PM				BODY BLITZ EXPRESS		
5:00PM						
6:00PM	HITT30	BODY BLITZ	ABT	BOXING		
6:30PM			ROLLER STRETCH			