

Gym Classes – August 8th – August 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am	Spin (40 mins)	Spin (40 mins)	Cardio Kettlebells (30 Mins)		Friday Finisher (45 mins)		
9:30am	Retro Exercise to Music (30 Mins)	Upper Body & Core (30 mins)	Retro Exercise to Music (30 Mins)	Spin (30 mins)	Circuits (50 mins)		
10.00am	Spin (30 mins)	Spin (30 mins)	Spin & KettleBell Mix (45 mins)	Body Blast Blow Out (40 mins)		Spin (30 mins)	Spin (30 mins)
10:30am	Fitness Pilates (30+ mins)				Spin (30 mins)	Master Blast (30 mins)	Master Blast (30 mins)
11:00am		OMR (30 Mins)	Pilates & Core (40 mins)				
6:30pm	Body Blast (30 mins)	Cardio Kettlebells (30 Mins)	Spin (30 mins)	HIIT (30 mins)			
7pm	Spin and Win (45 mins)	TRX (30 Mins)	Elite Fit (45 mins)				

Class Guide

Spin: High intensity cardio workout for all levels

Fitness Pilates: A variety of movements concentrating on core and back

HIIT: High Intensity Interval Training

OMR: One More Rep! Tough HIIT class, not for the faint hearted

Elite Fit: Advanced total body functional high intensity training

Blast Workouts: Full body high intensity workout

