

| Gym Classes – June 20 th – June 26 th | | | | | | | |
|---|---|--------------------------------|---|-------------------------------------|------------------------------|----------------------------------|----------------------------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 6am | Spin (40 mins) | Spin (40 mins) | Cardio KettleBells (45 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) | | Body Blast Blow Out (40 mins) | Body Blast Blow Out (40 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) | Spin (30 mins) | Spin (30 mins) | HIIT (30 mins) | | | |
| 7pm | Spin and Win (45 mins) | TRX (30 Mins) | Elite Fit (45 mins) | | | | |
| 8pm | | | TRX (30 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

