

Gym Classes – September 19th – September 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am	Spin (40 mins)	Spin (40 mins)	Cardio KettleBells (40 mins)		Friday Finisher (45 mins)		
9:30am		Upper Body & Core (30 mins)			Circuits (50 mins)		
10.00am	Spin (30 mins)	Spin (30 mins)	Spin and KettleBell Mix (30 Mins)	Spin (30 mins)		Spin (30 mins)	HIIT (30 mins)
10:30am	Fitness Pilates (30+ mins)			Body Blast (40 mins)	Spin (30 mins)	Body Blast (30 mins)	Body Blast (30 mins)
11:00am			Pilates & Core (40 mins)				
6:30pm	HIIT (30 mins)	Spin (30 mins)	Body Blast (30 mins)	HIIT (30 mins)			
7pm	Spin (30 mins)	TRX (30 Mins)	Elite Fit (45 mins)	NFD 2022 Open class			

Class Guide

Spin	High intensity cycling cardio workout for all levels
Pilates	A variety of movement 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
Body Blast	Full body high intensity workout
TRX	Suspension training using body weight exercises to develop strength, balance, flexibility and core stability simultaneously
Cardio Kettlebells	A mix of high intensity exercises using kettlebells
Circuits	Rotation of resistance training exercises

Gym opening times

Monday	7am – 10pm
Tuesday	7am – 10pm
Wednesday	7am – 10pm
Thursday	7am – 10pm
Friday	7am – 9pm
Saturday	9am – 6pm
Sunday	9am – 5pm