

# small group fitness

## Class Timetable

	MON	TUES	WED	THURS	FRID	SAT
6.30 am	STRONG		POWER		FIT	
9.30 am	STRONG	FIT		STRONG		
5.30 pm	POWER	STRONG		PUNCH		

*\*\*All classes are capped. Bookings are essential.*

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## Class Timetable

Get Fit  
with 

### STRONG

40m

This affordable class is the next best thing to personal training, allowing you to progress at your own pace each week. We use various equipment, like dumbbells, barbells, kettlebells and suspension trainers. We'll monitor your progress, teach proper technique, and focus on enhancing strength, conditioning, and balance.

### PUNCH

35m

This class will give your body a full workout as well as your mind! Every session will consist of different punches and combos. Great class for cardio, muscle strength, fast reflexes and a focused mind.

### POWER

35m

A metabolic workout using equipment such as medicine balls, kettlebells, bands in a fast moving power circuit. Improve strength, burn calories and gain more power.

### FIT

35m

FIT is four-minute rounds of HIIT consisting of 20-second bursts of exercise followed by 10 seconds of rest. This class is designed to maximise your fitness as you push yourself to your fullest potential. After this class, your body will continue to burn calories for the next 24 hours!