

Class Descriptions

Get Fit
with **Nic**

ABS, BUTTS & THIGHS (ABT) 45m

Increase your core, back & glutes strength. Designed to target & sculpt common problem areas. Enjoy bursts of Yoga & Pilates-inspired moves.

ARMS & ABS

40m

Target your upper body muscles. Build strength & tone your triceps, biceps, shoulders, back & core.

MetaPWR

35m

A metabolic workout using functional exercises mixed with programmed timings and variations. Using equipment such as battle ropes, medicine balls, kettlebells in a fast moving power circuit. IMPROVE strength, burn calories and gain more POWER.

BODYWEIGHT 30

35m

Use your bodyweight to increase full body strength & mobility & increase your overall fitness level.

STRENGTH

35m

Build overall strength using bodyweight & weights. A full body workout to build lean muscle, improve bone density and burn calories.



















TABATA



35m

Increase speed, power & endurance with Tabata. Boost your metabolism, burn fat faster & improve muscle tone.

Small Group Classes

Get Fit
with **Nic**

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|---|--|---|---|--|--|
| 6.45 am | | | STRENGTH   | | BODY WEIGHT30   | |
| 9.30 am | ARMS & ABS   | ABT   | | ARMS & ABS   | | ABT   |
| 5.30 pm | TABATA  |   | TABATA  |   | | |

 In-Studio
 Virtual

BOOKINGS ESSENTIAL FOR ALL CLASSES