
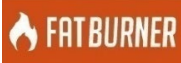








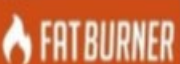
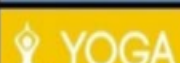



# GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00AM					
5:15PM					
6:00PM					

	This class focuses on core strengthening and tightening exercises to help develop your torso. This mid-section workout will define your abdominals, glutes and obliques.
	A boxing class that improves cardiovascular fitness, muscular endurance, speed and coordination. You will develop your boxing skills and technique whilst building tone and overall conditioning.
	This class features explosive high intensity exercises designed to improve cardiovascular capacity and help you burn fat. You will use all different cardio equipment and be challenged with a variety of exercises to help you accelerate your fitness level and keep the heart pumping.
	A fitness oriented class aimed at maximizing burning calories, building strength and improving general fitness. The class incorporates boxing, kickboxing, resistance and cardio exercises, designed to assist you in burning fat and getting fit.
	A flexibility and strength building class that focuses on breathing techniques, physical flowing movement, postures and meditation exercises intended to integrate body, mind, and spirit.
	A fun and effective dance class that involves choreographed dance and aerobic movements performed to energetic music. It combines all elements of fitness by mixing low and high intensity moves for an interval style, calorie-burning fitness party.

**PLEASE NOTE:**

- \* All classes are 30 minutes except for Yoga (60min) & Zumba (45min).
- \* Timetable is subject to change and may be altered at any time.
- \* Appropriate training attire and towel are required.
- \* Minimum of 3 people required for the class to run.
- \* A medical certificate may be required if you tick yes to any questions on the health form or if you are 65 years of

**CONTACT DETAILS:**

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