



GROUP FITNESS TIME TABLE

	MON	TUE	WED	THUR	FRI	SAT	
AM	6:05 am		REVOLUTION		REVOLUTION	BOOT CAMP	
	6:45 am					AB BLAST	
	8:05 am					SPOX	
	9:05 am	COMBO	PUMP	CIRCUIT	C.B.W	REVOLUTION	PUMP
	10:15 am	POWER YOGA	YOGA		EZI MOVERS	YOGA	
	11:00 am		NEVER2OLD			NEVER2OLD	BOLLY ROBIX
PM	5:30 pm					ZUMBA*	
	5:45 pm		AB BLAST		AB BLAST		
	6:00 pm	REVOLUTION		REVOLUTION	PUMP		
		COMBO		YOGA			
	7:00 pm						
	7:15 pm			KICK BOXING			

CLASS NAME	DESCRIPTION	DURATION
REVOLUTION	Indoor cycle group fitness class catering for all fitness levels - BOOKINGS ESSENTIAL	60 min
COMBO	Mixture of all classes incorporating circuit, hand weights and boxing	60 min
AB BLAST	Ultimate core workout. Strengthen and tone your mid section	15 min
PUMP	Perfect all over body workout. A great way to increase muscle strength and endurance	60 min
BOLLY ROBIX	Get toned, fit and lose weight in this east meets west fantastic group class	60 min
YOGA	Increase flexibility, breathing and relaxation techniques	60 min
STEP	The ultimate way to give your body a high energy cardio blast	60 min
C.B.W	CORE. BALANCE. WELLBEING stretch mind and body	60 min
EZI MOVERS	Designed for mature adults to improve and maintain fitness and well-being	60 min
POWER YOGA	Improve your bodies alignment and breathing while increasing your efficiency of movement through core exercises	30 min
CIRCUITS	Full body and fat burning workout. Take it easy or go fast and hard...Your choice	60 min
SPOX	Spin and boxing combo. Work on power, speed and endurance - BOOKINGS ESSENTIAL	60 min

*The above is an indication of the group class times and are subject to change