

MONDAY					19.00–20.00 BOXERCISE
TUESDAY				18.00–19.00 LBAT	
WEDNESDAY					
THURSDAY				18.00–19.00 BODY BLITZ	19.00–19.45 TABATA
FRIDAY					
SATURDAY	10.00–11.00 KETTLEBELL		11.15–12.15 BOXERCISE		
SUNDAY					

BODYBLITZ

This barbell class will shape, tone and strengthen your entire body.

BOXERCISE

A high intensity cardio and conditioning workout using a variety of boxing techniques.

KETTLEBELL

This class will firm your arms, shoulders, thighs, and glutes as you push, pull, swing, lift and hold the kettlebell. It will also develop core strength, stability and balance.

LBAT

Toning class focusing on legs, Bums and Tums with the added variation of including arms for a fun and effective hour long class focusing on those problem areas.

TABATA

A great fat burning workout as it is high intensity interval training which utilizes 8 exercises all done in 4 minute intervals. Tabata can be used for weight loss as well as improving overall fitness.



TIMETABLE