

# GROUP FITNESS TIMETABLE

| Time    | Monday                                                                                               | Tuesday                                                                                                                                                                                                | Wednesday                                                                                                                                                                                       | Thursday                                                                                                                                                                                                         | Friday                                                                                                                                                                                        | Saturday                                                                                             | Sunday                                                                                       |
|---------|------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
| 5.45am  |                                                                                                      |                                                                                                                                                                                                        |                                                                                                                                                                                                 |                                                                                                                                                                                                                  | <br>Arman                                                                                                  |                                                                                                      |                                                                                              |
| 6.00am  |                                                                                                      | <br>Jackie                                                                                                            | <br>Jackie                                                                                                    |                                                                                                                                                                                                                  |                                                                                                                                                                                               |                                                                                                      |                                                                                              |
| 9.00am  |                                                                                                      |                                                                                                                                                                                                        |                                                                                                                                                                                                 | <br>Laurence                                                                                                                  |                                                                                                                                                                                               |                                                                                                      |                                                                                              |
| 9.30am  | <br>Jordan (Token)  | <br>Beata<br><br>Nicole              | <br>Jordan (Token)                                                                                            | <br>Jordan (Token)<br><br>Laurence (Token) | <br>Sarah<br><br>Nicole | <br>Elise (Token) | <br>Sooti |
| 10.30am | <br>Nidia           | <br>Sarah                                                                                                             | <br>Jordan                                                                                                    | <br>Nazik                                                                                                                     |                                                                                                                                                                                               | <br>Maryanne      | <br>Kerry |
| 10.45am |                                                                                                      |                                                                                                                                                                                                        |                                                                                                                                                                                                 |                                                                                                                                                                                                                  |                                                                                                                                                                                               |                                                                                                      |                                                                                              |
| 11:30am |                                                                                                      |                                                                                                                                                                                                        |                                                                                                                                                                                                 |                                                                                                                                                                                                                  |                                                                                                                                                                                               |                                                                                                      | <br>Ayse  |
| 5.00pm  | <br>Nazik           |                                                                                                                                                                                                        |                                                                                                                                                                                                 | <br>Jordan (5:15pm)                                                                                                           | <br>Jackie                                                                                                 |                                                                                                      |                                                                                              |
| 5.30pm  |                                                                                                      | <br>Nicole                                                                                                           |                                                                                                                                                                                                 |                                                                                                                                                                                                                  |                                                                                                                                                                                               |                                                                                                      |                                                                                              |
| 6.00pm  | <br>Jordan        | <br>Jordan (Token)<br><br>Nicole | <br>Sanja<br><br>Nicole | <br>(Token)                                                                                                                 | <br>Maryanne                                                                                             |                                                                                                      |                                                                                              |
| 7.00pm  | <br>Arman (Token) | <br>Jordan (Token)                                                                                                  | <br>Elise (Token)                                                                                           | <br>Sooti                                                                                                                   |                                                                                                                                                                                               |                                                                                                      |                                                                                              |
| 8.00pm  | <br>Joel          | <br>Ana                                                                                                             | <br>Nazik                                                                                                   | <br>Ana                                                                                                                     |                                                                                                                                                                                               |                                                                                                      |                                                                                              |

# CLASS DESCRIPTIONS

|                                                                                     |                                                                                                                                                                                                                                                                                                                                                           |
|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|    | BodyAttack is a high-energy fitness class with moves that cater for total beginners to total addicts. It is a combination of athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. It is good to burn calories, toning and shaping, and improving coordination and agility.                           |
|    | BodyPump is an intensive training program which includes the use of barbells. The program is designed to get you lean, toned and fit.                                                                                                                                                                                                                     |
|    | Zumba class combines fast and slow rhythms that tone and sculpt the body using principles from aerobic and fitness to achieve cardio and muscle-toning benefits.                                                                                                                                                                                          |
|    | Zumba Toning keeps Zumba's essence while focusing on strength training the arms, abs and thighs using weighted toning sticks.                                                                                                                                                                                                                             |
|    | Ab Blitz is an intense abdominal training consisting of different moves. Abs workouts are not only good for building strength and endurance in abdominal muscles but also to improve posture, stability, reducing lower back pain, and body fat.                                                                                                          |
|    | Functional fitness exercises train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, at work or in sports. Functional exercises directly benefit joints and numerous muscles such as elbows, shoulders, spine, hips, knees and ankles. It is also good for preventing injuries.         |
|    | Pilates is a fitness system that puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance. It focuses on the muscles of the abdomen, low back, and hips, which are the key to a person's stability.                                                                                                        |
|    | Tummy, Hips and Thighs is designed to tone and strengthen the lower body and core muscles. THT classes aim to build strength, sculpt the body and improve core fitness using various exercises.                                                                                                                                                           |
|    | Yoga combines physical activity consisting largely of postures called asanas, breathing exercises, and meditation. It helps to decrease stress, anxiety, as well as increasing strength and flexibility.                                                                                                                                                  |
|   | Our spin class is a high-intensity cycling workout performed in our Cycle studio. The benefits of practising spin are burning calories, improving cardio for a healthy heart, and building lean muscle definition.                                                                                                                                        |
|  | Using a variety of boxing techniques and drills, our boxing class ensures the development of fitness, coordination, strength and most of all confidence. This class is suitable for all levels of fitness.                                                                                                                                                |
|  | Step into a BodyCombat workout and you'll punch and kick your way to fitness. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master.                                                                                                                                                             |
|  | BodyStep is an upbeat, rhythmic stepping class designed to help tone the glutes and legs and build stamina. If you're looking for a full body cardio workout, then try a BodyStep class today.                                                                                                                                                            |
|  | Grit is a high-intensity interval training (HIIT) workout that delivers fast fitness results by using cutting-edge training techniques, motivational music, and inspirational coaching. Grit is offered in three variations – Strength, Athletic, and Cardio – each focusing on different fitness outcomes, using bodyweight, weight plates and barbells. |