

CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AB ATTACK 07:30 – 08:00 Nathan <div style="display: flex; justify-content: space-between; align-items: center;"> PT </div>	SPIN 30 07:30 – 08:00 Tamara <div style="display: flex; justify-content: space-between; align-items: center;"> PT </div>	Yoga 07:45 – 08:30 Anya <div style="display: flex; justify-content: space-between; align-items: center;"> </div>	TABATA 07:30 – 08:00 Olga <div style="display: flex; justify-content: space-between; align-items: center;"> PT </div>		
	H.I.I.T 30 07:30 – 08:00 Olga <div style="display: flex; justify-content: space-between; align-items: center;"> PT </div>	H.I.I.T 30 07:30 – 08:00 Tamara <div style="display: flex; justify-content: space-between; align-items: center;"> PT </div>			
INFERNO 12:20 – 13:05 Nathan <div style="display: flex; justify-content: space-between; align-items: center;"> PT </div>	Xpress Pump 12:10 – 12:40 Tamara <div style="display: flex; justify-content: space-between; align-items: center;"> PT </div>		AB ATTACK 12:15 – 12:45 Nathan <div style="display: flex; justify-content: space-between; align-items: center;"> PT </div>	CICUITS 12:10 – 12:55 Olga <div style="display: flex; justify-content: space-between; align-items: center;"> PT </div>	
SPIN 30 13:10-13:40 Olga <div style="display: flex; justify-content: space-between; align-items: center;"> PT </div>	SPIN 30 12:15 – 12:45 JIM <div style="display: flex; justify-content: space-between; align-items: center;"> </div>	Total Body Conditioning 12:15-12:45 Olga <div style="display: flex; justify-content: space-between; align-items: center;"> PT </div>	SPIN 30 12:15 – 12:45 Olga <div style="display: flex; justify-content: space-between; align-items: center;"> PT </div>	SPIN 30 12:30 – 13:00 Tamara <div style="display: flex; justify-content: space-between; align-items: center;"> PT </div>	
XPRESS PUMP 13:15 – 13:45 Nathan <div style="display: flex; justify-content: space-between; align-items: center;"> PT </div>	TABATA 12:45 – 13:15 Olga <div style="display: flex; justify-content: space-between; align-items: center;"> PT </div>	INFERNO 12:50-13:20 Nathan <div style="display: flex; justify-content: space-between; align-items: center;"> PT </div>	PUMP 12:50-13:00 Tamara <div style="display: flex; justify-content: space-between; align-items: center;"> PT </div>	H.I.I.T 30 13:10 – 13:40 Tamara <div style="display: flex; justify-content: space-between; align-items: center;"> PT </div>	
	Legs Bums Tums 13:20 – 13:50 Olga <div style="display: flex; justify-content: space-between; align-items: center;"> PT </div>	Yoga 13:25 – 14:10 Inga <div style="display: flex; justify-content: space-between; align-items: center;"> </div>	H.I.I.T 30 13:10-13:40 Olga <div style="display: flex; justify-content: space-between; align-items: center;"> PT </div>		
CIRCUITS 17:30 – 18:15 Olga <div style="display: flex; justify-content: space-between; align-items: center;"> PT </div>	SPIN 30 17:30 – 18:00 Olga <div style="display: flex; justify-content: space-between; align-items: center;"> PT </div>				
	PUMP 18:05– 18:50 Tamara <div style="display: flex; justify-content: space-between; align-items: center;"> PT </div>	CIRCUITS 17:45 – 18:30 Olga <div style="display: flex; justify-content: space-between; align-items: center;"> PT </div>	YOGA 18:00 – 18:45 Anya <div style="display: flex; justify-content: space-between; align-items: center;"> </div>		

CLASS TYPE	CARDIO	STRENGTH	STRETCH	FUNCTIONAL	CIRCUITS	DANCE	MIND & BODY	INSTRUCTOR TYPE	INSTRUCTOR LEAD	PT PT Class
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Total Body Conditioning – T.B.C

This class combines several components including strength, power, aerobic fitness and endurance to bring you 30 minutes of full body work. This high energy, exciting workout uses a combination of equipment such as step boxes, battle ropes, kettlebells, barbells, dumbbells as well as body-weight plyometric exercises which is perfect for those who want a whole body all-encompassing sweaty workout.

Inferno

Full body class improving coordination, agility, strength, speed and balance. This class involves purely body weight exercises, challenging you to your full potential. Suitable for intermediate to advanced.

HIIT / Circuits

High Intensity Interval Training is an effective way of boosting your metabolism so that you continue burning calories even after your workout has finished. A combination of strength circuits, bodyweight and cardio intervals will definitely get your heart pumping.

Group Cycling (SPIN 30)

30 minute cycling / spin class in a small group, working to push you to your limit. Our Spin classes are suitable for all levels, adjusting to your ability, our spin instructors are interactive, as well as motivating

Legs Bums & Tums L.B.T

is a full body aerobic workout that aims to tone up your **legs, bum and stomach**; great for those who want to lose weight or even for those who simply want to improve their fitness levels.

AB Attack

A fun packed 30 minutes designed to tone, build and strengthen the abdominal muscles. Ab Attack uses various skills and techniques to target the core muscles; including floor routines, full body stretches and fast-paced exercises.

TABATA

High intensity, full body style workout which is designed to train stamina, endurance and conditioning. Tabata is extremely effective for fat loss and improving fitness by combining functional movements, weight lifting techniques and short, sharp burst of cardio with short rest intervals. This class is specially adapted to the studio environment and scalable to suit all levels.

Pump (45min) & Xpress Pump (30min)

Pump is a resistance barbell class that builds strength, tones your body & pushes you to the limit every time – be strong with Pump!

HIIT 30

HIIT (High Intensity Interval Training) classes last 30 minutes and delivers muscle toning, fat loss and improved cardiovascular health with workouts that are fast, flexible and fun to do. All workouts based around our Life Fitness SYNERGY frame.