

Class time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.00am	Spin (Tim)					
7.00am	Pump 45 (Tim)		Light Circuit (Tim)			
9.00am	Pulse Hit 45 (Olivia)	Tabata (Donna)	Spin (Tim)	Core (Donna)	BAT (Olivia)	8.30am Lucky Dip
10.00am					Yoga Mindful Flow	9.30am Yoga Vinyasa Flow
12.00pm						
5.30pm	Yoga Mindful Flow	Spin (Kylie)	Yoga Power	Spin (Kylie/Erin)		
6.30pm	Box Fit (Tim)	Step (Erin)	Pump (Tim)	Pulse Hit 30 (Donna)		
7.30pm	Men's Bootcamp (Dylan)		Men's Bootcamp (Donna)			

BAT - Targets the abdominals, butt & thigh area, Suitable for everyone, has low impact options

BOX FIT - Give boxing a go, basic boxing techniques and cardio/core workout

PUMP – An all over body workout, tones & conditions. Designed for all fitness levels

SPIN - Cycle class that must be booked at reception. Great fat burning & cardio fitness

STEP – Aerobic step class for beginners to die-hard fans! Great way to work up a sweat

PULSE HIT – High Intensity class aimed to get the heart rate up quickly

TABATA – Interval training at high intensity designed to raise the heart rate

CORE – Working on the muscles around your pelvis, hips and abdomen for strong firm abs

YOGA - Power: Connecting breath with movement, focusing on building strength, flexibility, & stability.

Mindflow Flow: Attention to shape & breath. This class focuses on mindfulness whilst developing strength & ease

Vinyasa Flow: A fluid flow class connecting breath with movement. This class focuses on developing strength, grace, flexibility, balance, & stress reduction.

