

CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					10:00 - 10:45 BOOTCAMP INSTRUCTOR: MUKAI STUDIO 2
18:30 - 19:00 BOXERCISE INSTRUCTOR: ALESHA STUDIO 3	18:30 - 19:00 CIRCUITS INSTRUCTOR: ALESHA STUDIO 3	18:45 - 19:00 BOOTCAMP INSTRUCTOR: TOM STUDIO 2	18:30 - 19:00 HIIT FUSION INSTRUCTOR: MUKAI STUDIO 1		PT TASTER SESSION 1 HOUR BOOK AT RECEPTION
19:00 - 19:30 LEG DAY INSTRUCTOR: ALESHA STUDIO 3	19:00 - 19:30 CORE BLAST INSTRUCTOR: ALESHA STUDIO 3		19:00 - 19:30 CORE BLAST INSTRUCTOR: MUKAI GYM		
19:30 - 20:30 YOGA INSTRUCTOR: LENA STUDIO 3	19:30 - 20:30 YOGA INSTRUCTOR: LENA STUDIO 3	PT TASTER SESSION 1 HOUR BOOK AT RECEPTION	PT TASTER SESSION 1 HOUR BOOK AT RECEPTION	PT TASTER SESSION 1 HOUR BOOK AT RECEPTION	

BOXERCISE

A fun, high intensity boxing class for all fitness levels. Improve your cardiovascular fitness, burn fat and get tough with our qualified boxing instructor!

LEG DAY

Want strong, toned legs and bum? You've come to the right place. Leg day is a 30 minute workout using a mixture of free-weights and body weight exercises.

BOOTCAMP

Have you hit a plateau with your training? Struggling to see results? Book yourself into bootcamp. Be prepared to work hard and come out feeling satisfied. Bootcamp is a 45 minute full body workout to improve all areas of your fitness.

ACTIVE PUMP

Active pump is a 45 minute, full body, high repetition workout utilising a barbell and free-weights. Increase muscular Endurance, build muscle and burn fat.

HIIT FUSION

A combination of high intensity interval training and functional exercises using free weights and kettlebells, a real fat burner!

YOGA

Destress and work on your core, strength and flexibility all in one class. Our yoga class is 1 hour. You will sleep well after this one.

CORE BLAST

Core blast is a 30 minute class targeting the abdominals, obliques and lower back muscles. We even throw in some Glute exercises. Strengthen and tone your midsection and reduce lower back pain.

SPIN

A classic, if you're a keen cyclist or just looking to improve cardiovascular fitness and tone up you will love our Spin class. High intensity, good music and our in house spin instructor will keep you motivated when it gets tough.

CIRCUITS

Full body, circuit training in a 30 minute class. A good class for beginners to build a basic level of fitness and lose weight.

dare to be different

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