

# STUDIO TIMETABLE - CLASSES



**Waiver:** By taking part in any of the classes outlined below you are personally accepting liability should you injure yourself in participation.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
06 : 00		CIRCUITS			FUSION	
06 : 30						
07 : 00	CIRCUITS	SWEAT	BOX FIT	BOX FIT	SWEAT	SWEAT
07 : 30						
08 : 00	SWEAT		SPINE CARE		CIRCUITS	GFLEX
08 : 30						
09 : 00			PILATES			SWEAT
09 : 30						
10 : 00						PILATES
10 : 30						
11 : 00						
11 : 30						
12 : 00	FUSION		FUSION	CIRCUITS	SWEAT	
12 : 30						
13 : 00						
13 : 30						
14 : 00						
14 : 30						
15 : 00						
15 : 30						
16 : 00						
16 : 30						
17 : 00				PILATES		
17 : 30						
18 : 00		CIRCUITS	SWEAT	FUSION		
18 : 30						
19 : 00	BOX FIT			GFLEX		
19 : 30						
20 : 00						

## CLASS DESCRIPTIONS

**FUSION** - A structured 50 minute class with a combination of time on our cardio machines and bodyweight strength exercises.

**SWEAT** - A slightly shorter, high intensity class, heavily focused on cardiovascular fitness.

**CIRCUITS** - Our most varied class, with a range of cardio machines and bodyweight strength stations to work through.

**BOX FIT** - High energy boxing inspired work out. Please bring your own gloves. Pads will be provided.

**PILATES** - Focusing on strengthening the body with an emphasis on core strength. Helps to improve general fitness and overall wellbeing while also concentrating on posture, balance and flexibility.

**GFLEX** - 50 minute restorative class focusing on improving flexibility, posture and overall wellbeing.

**SPINE CARE** - A specific mobility and flexibility class focusing on the spine.

**Disclaimer:** Please note our weekly class timetable may change at short notice due to unforeseen circumstances i.e. staff illness.