



REVOLUTIONS
HEALTH & FITNESS CENTRE

GROUP FITNESS TIMETABLE ST MARYS

JOIN THE REVOLUTION

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00 AM	HIIT <i>JESS W</i>	R50 <i>CLAYTON</i>	TABATA <i>JESS W</i>	BOOTCAMP <i>CLAYTON</i>	BOOTCAMP <i>STEPH</i>	7.00 AM BOOTCAMP <i>STEPH</i>	
8:00						HIIT <i>JESS W</i>	YOGA <i>EVA</i>
9:00						KICKBOXING <i>CHRIS</i>	
9:30	PUMPED <i>LINDA</i>	BATTLEFIELD <i>KIRSTIE</i>	FIT FX <i>STEPH</i>	PUMPED <i>LINDA</i>	REBOUND FIT <i>LINDA</i>		
FIGHT ROOM							
10:00							
10:30	CIRCUIT <i>LINDA</i>		PILATES <i>TESS</i>	STRETCH & RELAX <i>LINDA</i>	PILATES <i>TESS</i>		
4PM FIGHT ROOM	KIDS KICK BOXING <i>CHRIS</i>			KIDS KICK BOXING <i>CHRIS</i>			
5:00					AB ATTACK 30 MIN <i>KIRSTIE</i>		
5:30		AB ATTACK 30 MIN <i>LINDA</i>			XXX STRENGTH <i>KIRSTIE</i>		
6:00	TABATA <i>LINDA</i>	PUMPED <i>LINDA</i>	R50 <i>LINDA</i>	BATTLEFIELD <i>KIRSTIE</i>			
FIGHT ROOM	KICKBOXING <i>CHRIS</i>	KICKBOXING <i>CHRIS</i>		KICKBOXING <i>CHRIS</i>			
6:30 FIGHT ROOM					KIDS KICKBOXING <i>OSCAR</i>		
7:00	PUMPED <i>LINDA</i>	ZUMBA <i>RUBY</i>	REBOUND FIT <i>KIRSTIE</i>	ZUMBA <i>BRISSEL</i>			
FIGHT ROOM		KICKBOXING <i>CHRIS</i>		FIGHT DRILLS <i>CHRIS</i>	7.30 PM KICKBOXING <i>OSCAR</i>		
8:00	YOGA <i>EMMA</i>						



CLASS DESCRIPTIONS

<p>AB ATTACK</p> <p>A programed workout designed to improve the strength around your entire core. Not your average ab class.</p> <p>30 Minutes</p>	<p>BOOTCAMP</p> <p>Testing your limits and determination, boot camp is one of the most effective ways of increasing your strength and fitness. Shape the body you want all in one class.</p>	<p>BOOTY BY STEPH</p> <p>Half an hour booty burner focusing on your Glutes and legs. Because who doesn't want a peachy booty?!</p>	<p>R 50</p> <p>R50 is based on functional training with specific work to rest ratios. It covers everything from flexibility to strength</p>
<p>BOXING</p> <p>Punch, duck and weave your way to a new you. Freestyle Boxing aerobics classes are a true favourite and will have you coming back for more</p>	<p>CIRCUIT</p> <p>Incorporating five components of fitness. Strength, cardio, coordination, balance and flexibility. A class that is designed to make you sweat and improve your overall functional fitness, will challenge you mentally and physically. It is a full body high intensity work out.</p>	<p>REBOUND</p> <p>A trampoline-based class that will work your whole body and test your endurance. Get those legs pumping and your heart rate climbing is this fun and energetic class.</p>	<p>FIGHT DRILLS</p> <p>MUST PROVIDE OWN - SHIN GUARDS MOUTH GUARD MINIMUM 14OZ GLOVES</p>
<p>PUMPED</p> <p>Blast all your muscles with this high-rep weight training workout.</p>	<p>H.I.I.T</p> <p>High Intensity Interval Training. The class is based on high energy bursts with low to moderate intensity recovery. This class will take your fitness to the next level</p>	<p>KICK BOXING</p> <p>Structured kick box striking class based around hitting the freestanding boxing bag. Learn powerful kickboxing combinations while having a great workout - great for de-stressing.</p>	<p>KIDS KICKBOXING</p> <p>Get your Child's heart racing & their body moving with kids' kickboxing for children aged between 5-12 years. Give your child the chance to enjoy an exciting total body workout. Our goal is to keep students moving & motivated in a fun & safe space!</p>
<p>PILATES</p> <p>Beginners to the advanced. Challenge your body whilst building strength, improving flexibility, balance & body awareness.</p>	<p>TABATA</p> <p>Tabata is a form of High Intensity Interval Training. This training protocol involves performing an exercise (or exercises) for 20 seconds followed by 10 seconds rest. It's a simple but very effective fat burning blitz</p>	<p>YOGA</p> <p>The practice of yoga makes the body strong and flexible; it also improves the functioning of the respiratory, circulatory, digestive, and hormonal systems. Yoga brings about emotional stability and clarity of mind.</p>	<p>ZUMBA</p> <p>Zumba is an exciting class that is a fusion of Latin and International music/dance themes. The routines feature aerobic interval training with a combination of rhythms that tone and sculpt the body. Zumba is a "feel happy" workout that is great for the mind and body.</p>
<p>XXX STRENGTH</p> <p>An explosive movement-based class that also incorporates strength-based components and movements. This class will push you to your limits while giving you a full body workout.</p>			