



REVOLUTIONS
HEALTH & FITNESS CENTRE

GROUP FITNESS TIMETABLE ST MARYS

JOIN THE REVOLUTION

	MON	TUES	WED	THURS	FRI	SAT	SUN
5:00 AM		LEGS BY TES <i>CHRISTIAN</i>	PUSH/PULL BY TES <i>CHRISTIAN</i>	FULL BODY BY TES <i>CLAYTON</i>			
6:00	HIIT <i>MOSI</i>	LEGS BY TES <i>CHRISTIAN</i>	TABATA <i>MOSI</i>	FULL BODY BY TES <i>CLAYTON</i>	BOOTCAMP <i>STEPH</i>	7.00 AM BOOTCAMP <i>STEPH</i>	
8:00						HIIT <i>TAYLOR</i>	
9:00						KICKBOXING <i>CHRIS</i>	
9:30 FIGHT ROOM	PUMPED <i>LINDA</i>	BATTLEFIELD <i>TAYLOR</i>	FIT FX <i>STEPH</i>	PUMPED <i>LINDA</i>	REBOUND FIT <i>LINDA</i>		
	BOXING <i>MOSI</i>				BOXING <i>MOSI</i>		
10:30	A.B.T <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				BATTLEFIELD <i>MOSI</i>	AB ATTACK 30 MIN <i>TAYLOR</i>		
5:30		AB ATTACK 30 MIN <i>LINDA</i>			XXX STRENGTH <i>TAYLOR</i>		
6:00 FIGHT ROOM	TABATA <i>LINDA</i>	PUMPED <i>LINDA</i>	R50 <i>LINDA</i>	CIRCUIT <i>MOSI</i>			
	KICKBOXING <i>CHRIS</i>	KICKBOXING <i>CHRIS</i>		KICKBOXING <i>CHRIS</i>			
6.30					KIDS KICKBOXING <i>OSCAR</i>		
7:00 FIGHT ROOM	PUMP <i>LINDA</i>	ZUMBA <i>RUBY</i>	A.B.T <i>LINDA</i>	ZUMBA <i>BRISSEL</i>	7.30PM KICKBOXING <i>OSCAR</i>		
				FIGHT DRILLS <i>CHRIS</i>			
8:00	YOGA <i>KYLIE</i>		YOGA <i>KYLIE</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. 30 Minutes</p>	<p>A.B.T</p> <p>ABS.BUTTS.THIGHS</p> <p>Designed to target the ab's, butt and thigh area. Focusing on core strength, glutes, quads & hamstrings. Full lower body work out!</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>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, co-ordination, 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 FIT</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>STRETCH & RELAX</p> <p>Full body work out to loosen those tight muscles & relax your mind through meditation & stretching techniques.</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>	<p>FULL BODY BY TES</p> <p>The ultimate workout combing strength & high intensity interval training. The sessions are tailored with fast paced training movements that will improve your muscular strength, endurance, power & mobility.</p>	<p>LEGS BY TES</p> <p>Involves workouts targeting the glutes, hamstrings & quads. Will enhance overall strength adaptations & achieve greater muscle mass. The ultimate leg session!</p>
		<p>PUSH/PULL BY TES</p> <p>Is a training split that targets all major muscle groups in the lower body. A variation of compound / isolation movements are incorporated in the session. A challenging yet rewarding experience.</p>	