



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 CHRISTIAN	PUSH/PULL BY TES CHRISTIAN	FULL BODY BY TES CLAYTON			
6:00	HIIT MOSI	LEGS BY TES CHRISTIAN	TABATA MOSI	FULL BODY BY TES CLAYTON	BOOTCAMP STEPH	7.00 AM BOOTCAMP STEPH	
8:00						HIIT TAYLOR	
9:00						KICKBOXING CHRIS	
9:30 FIGHT ROOM	PUMPED LINDA	BATTLEFIELD TAYLOR	FIT FX JAI	PUMPED LINDA	REBOUND FIT LINDA		
	BOXING MOSI				BOXING MOSI		
10:30	A.B.T LINDA		PILATES TESS	STRETCH & RELAX LINDA	PILATES TESS		
4PM FIGHT ROOM	KIDS KICK BOXING CHRIS			KIDS KICK BOXING CHRIS			
5:00				BATTLEFIELD MOSI	AB ATTACK 30 MIN TAYLOR		
5:30		AB ATTACK 30 MIN LINDA			XXX STRENGTH TAYLOR		
6:00 FIGHT ROOM	TABATA LINDA	PUMPED LINDA	R50 LINDA	CIRCUIT MOSI			
	KICKBOXING CHRIS	KICKBOXING CHRIS		KICKBOXING CHRIS			
6.30					KIDS KICKBOXING OSCAR		
7:00 FIGHT ROOM	PUMP LINDA	ZUMBA RUBY	A.B.T LINDA	ZUMBA BRISSEL	7.30PM KICKBOXING OSCAR		
				FIGHT DRILLS CHRIS			
8:00	YOGA KYLIE		YOGA KYLIE				



CLASS DESCRIPTIONS

<p>AB ATTACK</p> <p>A programmed workout designed to improve the strength around your entire core. Not your average ab class. 30 Minutes</p>	<p>A.B.T 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, 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 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 combining 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>	