



REVOLUTIONS
HEALTH & FITNESS CENTRE

GROUP FITNESS TIMETABLE ST MARYS

JOIN THE REVOLUTION

	MON	TUES	WED	THURS	FRI	SAT
6:00	HIIT <i>SHARNI</i>	BATTLEFIELD <i>RITA</i>	R50 <i>STEPH</i>	XXX STRENGTH <i>RITA</i>	BOOTCAMP <i>BREE</i>	
7:00						BOOTCAMP <i>BREE</i>
8:00						HIIT <i>JENNIFER</i>
9:30	PUMPED <i>LINDA</i>	BATTLEFIELD <i>TEGAN</i>	R50 <i>LINDA</i>	PUMPED <i>LINDA</i>	REBOUND FIT <i>LINDA</i>	
10:30	A.B.T <i>LINDA</i>		CORE-LATES <i>LINDA</i>	STRETCH & RELAX <i>LINDA</i>	ZUMBA <i>DAPHNI</i>	
4PM FIGHT ROOM	KIDS KICK BOXING <i>CHRIS</i>			KIDS KICK BOXING <i>CHRIS</i>		
4.30			TAE KWON DO FIGHT ROOM <i>KIDS</i>		TAE KWON DO FIGHT ROOM <i>KIDS</i>	
5:30		AB ATTACK 30 MIN <i>LINDA</i>	TAE KWON DO FIGHT ROOM <i>KIDS</i>	BATTLEFIELD <i>JENNIFER</i>	TAE KWON DO FIGHT ROOM <i>KIDS</i>	
6:00	TABATA <i>LINDA</i>	PUMPED <i>LINDA</i>	R50 <i>LINDA</i>		A.B.T 60 MIN <i>TEGAN</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	PUMP <i>LINDA</i>	LATIN RHYTHM <i>RUBY</i>	A.B.T <i>LINDA</i>	ZUMBA <i>BRISSEL</i>	ZUMBA <i>DAPHNI</i>	
7.30 FIGHT ROOM					KICKBOXING <i>OSCAR</i>	



CLASS DESCRIPTIONS

AB ATTACK A programed workout designed to improve the strength around your entire core. Not your average ab class. 30 Minutes	A.B.T ABS.BUTTS.THIGHS Designed to target the ab's, butt and thigh area. Focusing on core strength, glutes, quads & hamstrings. Full lower body work out!	BOOTCAMP 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.	R 50 R50 is based on functional training with specific work to rest ratios. It covers everything from flexibility to strength
BOXING 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	CIRCUIT 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.	REBOUND FIT 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.	FIGHT DRILLS MUST PROVIDE OWN - SHIN GUARDS MOUTH GUARD MINIMUM 14OZ GLOVES
PUMPED Blast all your muscles with this high-rep weight training workout.	H.I.I.T 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.	KICK BOXING 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.	KIDS KICKBOXING 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!
PILATES Beginners to the advanced. Challenge your body whilst building strength, improving flexibility, balance & body awareness.	STRETCH & RELAX Full body work out to loosen those tight muscles & relax your mind through meditation & stretching techniques.	TABATA 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	YOGA 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.
LATIN RHYTHM Latin Rhythm is a fun class that is a combination of international music/dance and Latin themes. Tone and sculpt your body using a combination of rhythms and HITT training. Dance your problems away with this empowering workout.	ZUMBA 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.	BATTLEFIELD Team training taken to a new level! This Battlefield inspired workout uses the best of strength training and fundamentals of functional training.	XXX STRENGTH 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.
			CORE-LATES A Pilates inspired core and stretch class that will leave you feeling invigorated. Strengthen your core, improve your breathing, flexibility, and balance.